



This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

### Usage guidelines

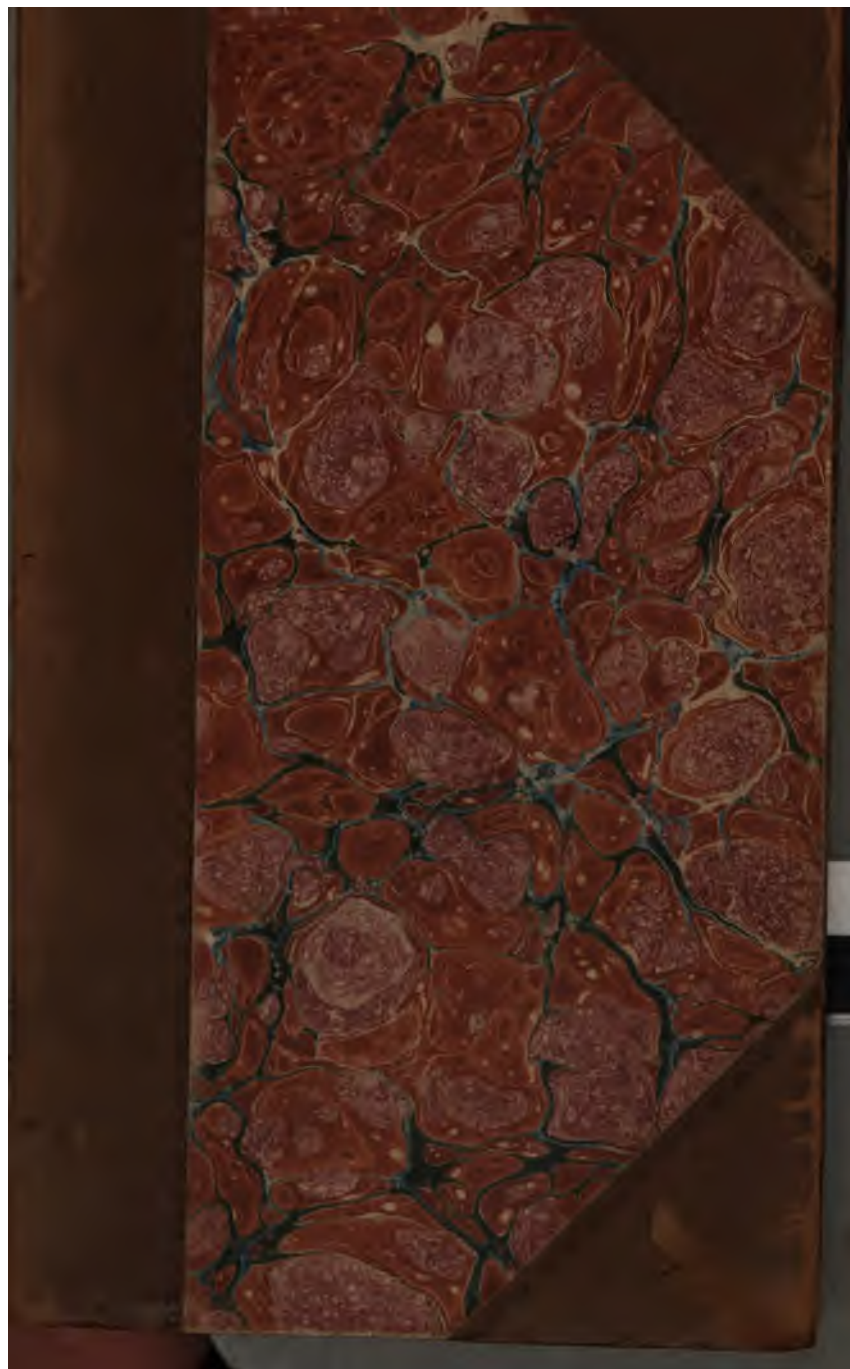
Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

- + *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.
- + *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.
- + *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.
- + *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

### About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at <http://books.google.com/>





000049078Y

35.

280.







# NOTES

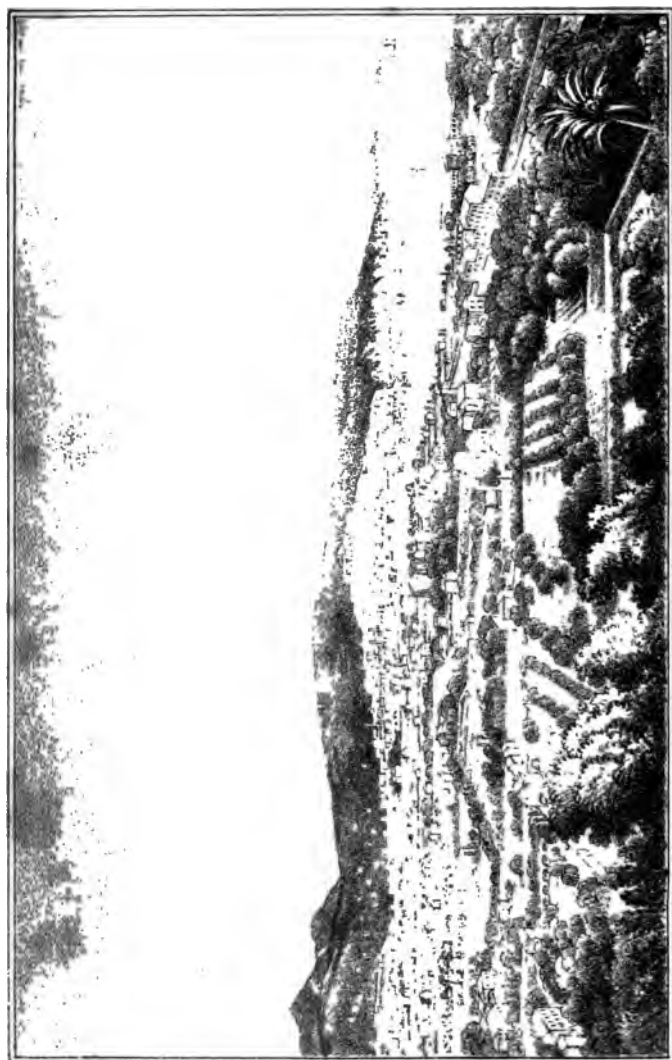
ON

ITALY AND RHENISH GERMANY.









VILLE AND THE PROX DE VALPARAISO.

**NOTES**  
**ON**  
**ITALY AND RHENISH GERMANY;**  
**WITH**  
**PROFESSIONAL NOTICES**  
**OF THE**  
**CLIMATES OF NICE, PISA, FLORENCE,**  
**ROME, AND NAPLES,**  
**AND OF**  
**THE MINERAL SPRINGS OF BADEN-BADEN, WISBADEN,**  
**SCHWALBACH, EMS, AND AIX LA CHAPELLE.**



BY

**EDWIN LEE, ESQ. M.R.C.S.**

  
**EDINBURGH:**

**LAING & FORBES, PRINCES STREET;**

**WHITTAKER & CO. LONDON; AND**

**W. CURRY, JUN. & CO. DUBLIN.**

**MDCCCXXXV.**

**280.**



**J. THOMSON, PRINTER, MILNE SQUARE.**

## PREFACE.

---

*L'auteur se tue a alonger ce que le lecteur se tue a abreger*, was said by a French writer, in reference to the literary productions of his day, and the remark is equally applicable to many publications of the present period. The following Notes, however, may be considered as forming one of the exceptions, for not being actuated by the desire

“narrar altrui

Le novità vedute e dire io fui,”

I have restricted them within very narrow limits, cursorily alluding to some of the leading objects of interest, and refraining altogether from lengthened de-

scriptions with which the public has been so repeatedly favoured in the numerous guide-books, and books of travels extant ; my intention being to give a brief account of some places on the Continent, resorted to by invalids, and of their climates and mineral springs, I have more particularly noted those circumstances in which valedudinarians and members of the medical profession are likely to feel most interested.

Little was known in this country respecting the climates of the Continent, previous to the publication of Dr. Clark's excellent work,—to which I beg to refer those desiring more ample information ; and numerous invalids were, in consequence, induced to repair to various parts of the south of Europe, which were but ill-calculated to ameliorate their condition. Others left England when in a state little likely to be benefited by any change. Desirous of contributing to the diffusion of

information on this important subject, I appended a few remarks on climate, to some " Observations on Italian Medical Institutions," which I formerly published, the circulation of which was necessarily confined to the profession. The subject, however, is now much better understood ; the advantages which the Continent possesses over England in point of climate are more justly appreciated, and more discrimination is used, both in the choice of a residence, and in the selection of cases likely to be benefited by the climates of Italy.

The notices of the medical application of the mineral waters are mostly derived from the opinions of the resident physicians, as the periods of my sojourn at the watering places have been too limited to enable me to speak from personal observation of their effects.

EDWIN LEE.

*September 20, 1834.*



## CONTENTS.

---

### CHAPTER I.

	Page
Boulogne—Paris—Lyons—The Rhone— Nice—Environs—Climate of Nice .	1

### CHAPTER II.

Cornice Road—Genoa—Lucca Baths—Pisa —Climate of Pisa—Florence—Climate of Florence . . . . .	21
---	----

### CHAPTER III.

Rome—Malaria—Climate of Rome—Naples —Climate of Naples—Road by Terni	45
---	----

### CHAPTER IV.

Appenines—Bologna—Milan—Pellagra— Lake of Como—The Valais—Goitre and Cretinism—Geneva—Berne . . .	60
---	----



CHAPTER V.

	<b>Page</b>
Baden-Baden — Mineral Springs — Heidelberg	
— Darmstadt — Frankfort . . .	75

CHAPTER VI.

Wisbaden — Mineral Springs — Schwalbach —	
Ems — Mineral Springs . . .	91

CHAPTER VII.

The Rhine — Aix la Chapelle — Mineral	
Springs — Borcette — Brussels — Cassel	105

# NOTES

ON

## ITALY AND RHENISH GERMANY.

---

### CHAPTER I.

BOULOGNE — PARIS — LYONS — THE RHONE — NICE  
— ENVIRONS — CLIMATE OF NICE.

ON landing from the steamer at Calais, Boulogne, or Dover, you find yourself beset by a crowd of *commissionaires*, from different hotels, and only escape their pressing invitations, by repeatedly calling out the name of the hotel you have chosen. At the French posts, these gentry are now kept somewhat at a distance, a space being cleared by the douaniers for the debarkation of passengers, who are conducted in a body to an adjoining *corps de garde*, on custom-house business, before they are allowed to disperse themselves in the town.

Twenty-four dreary miles of the road to Paris, are avoided by debarking at Boulogne, to which the passage from Dover occupies

about four hours. Boulogne is one of the cleanest and most animated towns in France, and is now much frequented by families from England, in the summer months, on account of the bathing, which is excellent; a fine sandy beach, extending at low water, three or four miles east of the port. The low town is built at the base, and up the acclivity of a hill, on which stands the high town, surrounded by ramparts, which are planted with trees, and form an agreeable promenade. Boulogne has a population of about 13,000, exclusive of the resident English. Its streets are wide, clean, and well paved; the accommodations for visitors excellent; and the surrounding country open and agreeable.

The road to Paris, like most of the high-roads in France, is wide, and in pretty good condition in the centre, the sides being in a neglected state. Except the environs of Beauvais, and two or three other spots, the country is scantily wooded, hilly, and triste. Posting is performed at the rate of seven or eight miles an hour. You pass through the strong town of Montreuil, Abbeville, Beauvais, and St. Denis, whence the view of the

heights of Montmartre, and the dome of the Hotel des Invalides, indicate the proximity of the metropolis.

The appearance of Paris is greatly improved within the last few years. Several new streets, arcades, and galleries for shops have arisen; trottoirs have been placed in the principal streets, which are also much cleaner than formerly. Parties of the National Guard are seen parading; some of the streets have new names; the Boulevards are somewhat denuded of trees; and the statue of Napoleon, in his "redingote grise," stands on the column in the Place Vendome; but, with these exceptions, the revolution has effected no alteration in the aspect of the city. The national character of the Parisians has, however, been undergoing a sensible change for some years past. Paris is no longer the

"Gay, sprightly land of mirth and social ease,  
Pleased with itself, whom all the world can please."

Instead of the polite, light-hearted, pleasure-seeking people of former days, you now meet with serious, anxious, and business-like countenances: fewer idlers are seen; and the theatre, which was formerly considered essen-

tial to the existence of a Parisian, is now comparatively deserted, except when any new opera or drama, abounding in *horreurs*, or containing political allusions, is performed.

The country between Paris and Lyons presents some pretty scenery, but is for the most part extremely monotonous. Several of the towns and villages have a dirty and cheerless appearance, with which that of their inhabitants corresponds. Two roads lead to Lyons, one by the Bourbonnois, the other through the Auxerrois. The first passes some pretty scenery near the Loire; but the accommodations are bad, and, on account of the facilities of descending the Saône by steam, the road through Auxerre and Chalons is preferred by most travellers.

Some of the views in the forest of Fontainbleau are strikingly beautiful. Enormous masses of grey rock, which contrast agreeably with the surrounding foliage, lie scattered about in various directions, presenting a novel and curious appearance. The town possesses some good streets, but appears almost deserted. The chateau and its garden are worth visiting *en passant*.

Sens is the first town of any importance on this route. The façade of the cathedral, an ancient gothic edifice, is fine ; but the interior contains nothing worth remarking, except the mausoleum erected to the father of Louis XVI. which is of indifferent execution.

Auxerre, a large town, pleasantly situated on the Yonne, is surrounded by an agreeable country, which produces a superior kind of wine. The golden tint of the vine-leaves at the time of the vintage, gives a rich and pleasing appearance to some parts of the country between Auxerre and Chalons, that would at any other time look dreary and cheerless.

The environs of Autun are beautiful and richly wooded. The town stands on a hill, and enjoys a delightful prospect.

Chalons is a pretty town, and looks well from a distance. Its quays are handsome. A steamer descends the Saône daily to Lyons, making the passage in twelve hours. The boats are small, and do not convey carriages, which can be forwarded to Lyons in two days by a steam *coche d'eau*. The banks of the river are flat and cultivated. Beyond Maçon the

scenery is extremely pleasing, and becomes more interesting on approaching Lyons.

Travelling by the road which runs parallel with the river, you pass over the Mont d'Or, so called from the rich colour of its vineyards in autumn, and, from the summit, enjoy a charming and extensive prospect of the plains of Burgundy on one side, of the Lyonnais on the other, and of the snow-clad Dauphiny Alps in the distance. The road descends to Lyons through a succession of vineyards, orchards, and meadows.

Lyons is principally built between the Rhone and the Saône. The quays on these rivers are handsome; as are also the Place de Bellecour, and the Place de Terreau—which contains the Hotel de Ville, and a good museum of natural history. With the exception of the Hotel de Ville and the hospital, the public buildings are not remarkable for architectural beauty. The streets are narrow and dirty; the houses old and lofty. Lyons, consequently, offers little inducement to travellers to prolong their sojourn. The view from the Terrasse de Fourvieres, of the city—the junction of the two rivers—a vast extent of fertile

country, and vine-clad hills—with the distant chain of Alps—exhibits one of the finest panoramas in Europe.

Steam-boats descend the Rhone to Avignon in twelve hours, and on the following day continue their progress to Marseilles. They are larger than those on the Saône, and transport carriages, but are dirty, deficient in accommodation, and often inconveniently full. The scenery is, however, highly interesting, and somewhat resembles that on the Rhine below Mayence; the river flows rapidly between steep hills, ever and anon crowned with ruins, and cut in terraces for the cultivation of the vine. On advancing southward, the banks become flatter, and the Alps rise more distinctly upon the view; at several of the larger towns, the river is crossed by neat suspension bridges. At Pont St. Esprit there is a fine stone bridge of great antiquity, and the current is here very strong. When the water is low, the steamers often run aground higher up the river, and if long delayed, are obliged to remain at Pont St. Esprit, proceeding the next day to Avignon.



The rapid means of communication by the river, prevents much travelling by the road along its left bank ; it is principally used by carts laden with heavy goods from Marseilles, and is consequently in bad order ; being sometimes nearly impassable after heavy rains. The towns are dirty and badly built, and the accommodations of the worst kind. Nothing but an occasional glimpse of the river, and of the Cevennes, occurs to relieve the monotony of the route, till you arrive at Orange, where a fine Roman arch, in good preservation, stands by the road side, and beyond which the scenery is of a more interesting character.

Avignon is encircled by high walls, and has every appearance of high antiquity, although few vestiges of its former grandeur remain. The papal palace is a fine old gothic edifice, with a handsome façade, and is now converted into barracks. From the top of the hill on whose acclivity the town is built, you obtain an extensive view of the plains of Languedoc and Provence, as also of the river, which is here of great breadth, enclosing an island, which serves for a *point d'apui*, to the two

bridges crossing its branches. The environs of Avignon are uninteresting, but a pleasant excursion may be made to the

“ Chiare fresche e dolce acque”

of Vaucluse, about fifteen miles distant.

The general aspect of Provence is dreary and triste; the roads are often excessively dusty, from the long continuance of dry weather, and the prevalence of high winds. The immediate environs of Aix are, however, pretty, and enlivened by numerous country-houses, scattered about the hills, which are mostly covered with olive trees. The town contains little worthy of notice, except one fine wide street bordered with trees.

Marseilles ranks as the third city of France; and, like all large sea-ports, has a thronged and bustling appearance. It possesses some handsome streets, particularly the Cours, bordered with rows of trees, but there are few objects likely to interest travellers. Those who prefer the sea to land travelling, find opportunities every few days, in the steam-boats which leave this port, for Genoa, Leghorn, and Naples.

Between Marseilles and Toulon, you pass some fine rocky defiles, and the scenery is more interesting than in most parts of Provence. The fine harbour and arsenal of Toulon are well worth visiting. Beyond Frejus, you cross the Estrelle mountains, which join the chain of Maritime Alps, and descend to Cannes, a pretty town, pleasantly situated on the shore. The island of St. Marguerite stands in the bay, immediately opposite the town, at about four miles distance ; a few miles farther on, you pass Antibes, whence the white houses of Nice are seen on the opposite side of the bay—and arrive at the bed of the river Var, which divides France from Piemont, and is crossed by a wooden bridge 2400 feet in length.

Nice appears to great advantage on approaching from the west, its white buildings, and clear blue sky, contrast agreeably with the olive-covered hills and dusky mountains, by which it is enclosed on the land side, while, to the south, nothing is seen but the blue waters of the Mediterranean, dotted here and there with small coasting vessels, whose broad lateen sails glittering in the sun, have a most

picturesque effect. The town is separated from the port by a rocky hill descending precipitously into the sea, and surmounted by the ruins of a fort, a parapeted road cut round the rock, forms the principal communication between them. The Place Victoire, and a range of new houses lie to the north of the port; the old town and the new streets lie to the west. The streets of the old town are dirty, crowded with shops, and scarcely wide enough to admit the passage of any kind of carriage. The Corso, and the streets in its immediate neighbourhood, are clean, comparatively wide, and contain some good houses, which have a sea view, and are let to strangers in the winter. A long range of dirty-looking buildings, consisting of shops and inferior cafès, whose flat roof forms an agreeable evening promenade, stands between the Corso and the sea. A river, or rather the dry bed of a river, termed the Paglione, passes behind the town, and this quarter also contains some good houses. The most eligible quarter, however, and that mostly resorted to by English visitors, is the Croix de Marbre, a suburb along the

shore, to the west of the town, chiefly consisting of handsome houses and villas, to each of which a large orange garden is attached. A walk has, within these few years, been made along the beach, close to the garden walls, there being no sands here or elsewhere on the shores of the Mediterranean.

“ There shrinks no ebb in that tideless sea,  
Which changeless rolls eternally ;  
So that wildest of waves in their angriest mood,  
Scarce break on the bounds of the land for a rood ;  
And the powerless moon beholds them flow,  
Heedless if she come or go ;  
Calm on high, in main or bay,  
On their course she hath no sway.”

SIEGE OF CORINTH.

The environs of Nice are delightful. The soil is rich in vegetable productions ; various kinds of flowers, the olive, pomegranate, lemon, orange, almond, and fig, grow luxuriantly, even in winter.

“ Vaghi boschetti di soavi allori,  
D' *ulivi* e d'amenissime mirtelle.  
Cedri ed arancie ch'avean frutti e fiori,  
Conteste in varie forme, e tutte belle :”

the termination of the stanza,

“ E tra i rami con sicuri voli  
Cantando se ne giano i rossignuoli.”

is not so applicable, as the Nissards amuse themselves by shooting all the small birds in their neighbourhood.

As the only good carriage drives are along the Paglione, the roads leading to the Var and to Genoa, excursions are usually made among the hills and valleys on donkey or horseback. One of the pleasantest rides is to the Convent of Cimiez, situate on a hill overlooking the valley of the Paglione, and commanding a good view of the environs of Nice, and which, on looking up the valley, is itself one of the most prominent features in the scene. Several commodious villas lie about the base of the hill, and are let to strangers in the winter.

Villefranche is another beautiful spot, lying to the eastward of Nice, from which it is separated by a steep hill, and possessing a spacious harbour, sheltered on all sides, that can admit the largest vessels. The small dirty town is surrounded by olive-covered hills, which rise steeply above it to a considerable

height. From Villefranche, a delightful path, overlooking the sea, and bordered by olive trees, myrtle, and other shrubs, leads to L'Os-pizio, at the extremity of the tongue of land which forms one side of the harbour, whence you enjoy a charming prospect of several miles of rocky coast.

From the top of the hill at whose base Nice lies, the best view is obtained of its numerous orange gardens and shining villas, its beautiful bay, and olive-clad hills; behind these, the lofty mountains that shelter it from the north, and to which it owes its advantage of climate; while immediately beneath, the houses of the old town are seen thickly clustering together, forming a striking contrast to the beauties of earth, sea, and sky, by which they are surrounded.

The province of Nice is placed under the control of a military governor. The town contains a numerous garrison, and a population of about twenty thousand individuals, chiefly consisting of government employès, shopkeepers, fishermen, and others connected with the port. The peasantry are extremely poor, but honest and hard-working. The

women of the lower class certainly do not possess the

“ *Dono infelice di bellezza,*”

being generally dark-complexioned, and coarse-featured, which is mainly caused by their constant exposure to the sun, the mode of wearing the hair tied up on the back of the head, so as to lay bare the forehead, and the head being covered by round Chinese-looking hats, which afford very little shelter; even these are frequently not worn while pursuing their outdoor avocations.

It will be seen from the above, that the town offers few resources for amusement, and society is necessarily confined to the visitors who winter here. There is a good theatre, where French operas and vaudevilles are performed; the governor and two or three of the inhabitants give a few balls during the season. Dinner and evening parties are, however, frequent among the English and other visitors.

Nice has long been resorted to by invalids, for the sake of its winter climate, which differs materially from that of Provence and the south of France, inasmuch as these are exposed to the cold northerly winds, termed



*vent de bise*, and *mistral*, from which Nice is sheltered by the Maritime Alps on the north and north-east, and by the Estrelles terminating at the sea, on the west.

Hence, Aix, Montpellier, and other places in the south of France to which patients with pulmonary disease were formerly sent from England, before the climate of those places was so well known as at present, are perhaps the worst residence that could be selected for such individuals. The great transitions of temperature render great care necessary on the part of the inhabitants, to prevent inflammatory attacks on the lungs and air passages, which are there almost as prevalent as in England.

Although Nice is, in a great measure, exempt from these causes of disease, it is not entirely so, and much discrimination is required in the selection of cases likely to be benefited by its climate, as well as in the proper period for residing there.

The months of November, December, and January, are generally fine and warm, the temperature of the air being seldom lower than 45° in the daytime, and sometimes as

high as  $60^{\circ}$ . The sky is mostly cloudless, of a deep blue colour, and the sun is sometimes extremely powerful in the middle of the day; on which occasions the Nissards remain within doors. The atmosphere is light, dry, and exciting, and consequently well suited to individuals of a relaxed habit. Cold winds sometimes occur in these months; but are most severely felt in the spring, when they blow sharply from the east, and over the mountains, at that period covered with snow. At this time the sun acquires great power, rendering the weather extremely trying to invalids, especially to those labouring under pulmonary or bronchial disease. Such patients, by remaining at Nice later than January, frequently lose the advantage they had gained in the preceding months. According to Dr. Clark, the mean winter temperature of Nice is  $9^{\circ}$  warmer than London, and  $1^{\circ}$  colder than Rome; the mean temperature in spring  $7^{\circ}$  warmer than London; the daily range of temperature is less than any other part of the south of Europe.

I agree with Dr. Clark in thinking that

Nice is not suited for the winter residence of consumptive patients, or of those in whom there exists much irritability of the air passages. The air is too sharp and exciting, and the occasional cold winds are severely felt. Those patients, however, in whom there exists a predisposition to phthisis, or even those in the earliest stage of the disease, will often derive considerable advantage from passing November and December at Nice. In chronic bronchial disease, particularly the catarrhal affections of elderly people, and some forms of asthma, where there is little tendency to inflammatory action, the climate of Nice is generally serviceable. Nervous and hypochondriacal patients, and those affected with chronic dyspepsia, gout, or paralytic complaints depending on the impression of malaria; as well as those whose general health has been deranged by a residence in hot climates, will in general derive benefit from wintering at Nice.

Most invalids, especially those with pulmonary complaints, should leave Nice before the middle of February, at which period inflammatory attacks on the lungs and bronchiæ

are very prevalent among the inhabitants, and proceed to Pisa or Rome. Little difficulty is experienced in travelling at this time of the year, as the coast road to Genoa is always passable, and the constant passage of steam-boats offers a rapid mode of conveyance to those who dislike land travelling. Nice frequently disagrees with healthy persons of an irritable or plethoric habit, inducing headache and derangement of the digestive passages; such persons, if unable to leave, should avoid exposure to the sun's rays, by remaining indoors in the middle of the day, or by carrying an umbrella, there being no shaded walks in the immediate neighbourhood of the town. Visitors are also cautioned by the inhabitants against being out at sunset, as there generally arises an exhalation from the earth at that time.

With respect to the choice of a residence, the Croix de Marbre appears to me to be the preferable situation for the majority of invalids. The villas in the neighbourhood of Cimiez are less convenient in many respects; those somewhat elevated above the plain should be preferred, on account of the mois-

ture frequently arising from the irrigated meadows, after sunset. The houses near the Corso, which have a southern aspect, are unobjectionable; but those in the Piazza Carlo Alberto, and along the Paglione, are less eligible, on account of their northern aspect and their exposure to the easterly wind, which sometimes sweeps down the bed of the river with great violence.

## CHAPTER II.

CORNICE ROAD—GENOA—LUCCA BATHS—PISA—  
CLIMATE OF PISA—FLORENCE—CLIMATE OF  
FLORENCE.

THE distance from Nice to Genoa is about a hundred and twenty miles, by the beautiful road along the coast, which has only been opened within these few years, and is now much frequented, both on account of its magnificent scenery, and of its being the only way travellers can pass between Italy and the north, when the roads on Mount Cenis and the Simplon are blocked up. The posting is well served. The road, although at some parts extremely narrow, and indifferently defended with parapets, is for the most part good, and, as well as the accommodation at the inns, much improved since I passed four years ago. The passage is very seldom obstructed by snow, but is sometimes impeded for a day or

two by heavy rains, which swell the torrents through which it crosses.

As my powers of description are too feeble to convey an idea of the scenic beauties of this route, even if lengthened description were compatible with a work of this nature, I leave that task to abler pens, and content myself with briefly mentioning some of its most interesting localities.

The road is for the most part cut at elevations varying from one hundred to fifteen hundred feet, through rocky mountains which rise steeply from the sea, frequently passing through towns on the shore, and winding round the beautiful inlets, or crossing some projecting headland; and at some parts is hewn for several miles out of the solid rocks, which are at two or three places bored in grottoes to allow its passage. On leaving Nice, you begin to ascend hills round which the road winds for three or four miles inland. At an elevation of about fifteen hundred feet, the sea again comes into view, and you see immediately beneath the harbour of Villa Franca, with the picturesque peninsula of L'Osipizio. Farther on Monaco, and several

other towns and villages, are seen crowning promontories, or nestling at the base of precipitous cliffs on the shore. Among these, St. Remo, Porto Maurizio, and Oneglia, are remarkable for the beauty of their situation. Most of these towns, however, which, from the whiteness of their houses, produce a fine effect seen from a distance, are, on a nearer approach, found to belie the impression created by their first appearance. After leaving Oneglia you ascend a steep hill, whence a turn of the road suddenly displays to the view the magnificent bay of Alassio, with numerous towns and villages skirting the shore. A small island, standing in the bay, adds to the beauty of the scene. The views in the neighbourhood of Loano and Albenga are also strikingly beautiful, and the mountains present a bold rugged aspect, contrasting agreeably with the verdure and fertility of the valley in which Albenga is situated. From the mountain of Finale you have a splendid prospect, including Genoa and several intermediate towns, with Finale appearing immediately beneath; the descent into which, by a succession of zigzag turns in the precipitous side of the mountain,



is exceedingly steep. Between Finale and Genoa the road is excellent, and the scenery of the most interesting description. At Noli the gulf of Genoa, backed by a semicircle of lofty mountains, with the city and numerous towns lining the shore, burst upon the view, exhibiting a prospect scarcely to be equalled in magnificence. On approaching Genoa, beautiful villas and gardens skirt the road. You pass through a long suburb, and on arriving at the Fanal, have displayed before you the city encircling the harbour, and the range of fortifications carried for some miles along the heights.

The entrance by the Strada Balbi, a wide street of lofty marble palaces, is strikingly handsome. The Strada Nuova, and Strada Novissima, are continued from the Strada Balbi, and consist of the splendid palaces of the ancient Genoese nobles, forming, perhaps, the finest streets in Europe. These, however, are almost the only streets in which carriages can pass, the rest of the town consisting chiefly of narrow passages or alleys, between high houses, descending towards the port, and thronged with pedestrians. Several are lined

with elegant shops, especially the Goldsmith's street, in which a good display is made of gold chains, and filagree work, for which the Genoese goldsmiths are celebrated. Most of the palaces have spacious court-yards, round which the apartments are built. The Durazzo, Brignole, and Pallavicini, are among the finest, and contain some superior pictures by the first Italian painters. The Doria palace fronts the harbour, and forms a prominent feature in the view from the sea; it is now, however, untenanted, and in a neglected state.

The churches are not remarkable for exterior beauty, or interior decoration. The Albergo dei Poveri, a workhouse on a large scale, is a fine establishment. Visitors are admitted to see the various manufactures in progress. The general hospital is a large building, whose staircase is adorned with large statues of Genoese nobles, and benefactors to the establishment; its wards are clean and airy. In the hospital of incurables, two or three ill-ventilated wards are set apart for the insane. These poor creatures are never allowed to go out for exercise in the open air; the melancholic, the imbecile, and the furious patients, are crowded

together; the only difference being, that the furious are kept chained to their beds, and manacled; while the others are allowed to walk about the wards. No medical treatment, except occasional depletion, appears to be adopted, and, of course, moral measures are, under such circumstances, out of the question. I was not permitted to see the women's ward.

Genoa, and the numerous villas covering the hills round it, are seen to the greatest advantage from the entrance to the harbour. The view is superb, and second only to that of the Bay of Naples. A good view of the city and harbour may also be enjoyed from the garden of the villa Negri, which overlooks them. In some of the arbours, mirrors are placed, so as to reflect the objects beneath, which produces a pleasing effect. The Genoese are mostly a good-looking people; most of the women are handsome, and wear long veils, similar to the Spanish mantilla, fastened to their hair with silver or golden pins. I regretted to see that since my former visit, French fashions had very much superseded this becoming costume. If the Italian proverb is to be believed, the Genoese are not to be much depended upon;

as they are known to be dissatisfied with their political condition, a large garrison of Piemontese is maintained to occupy the fortifications; they appear, however, to enjoy more liberty than the inhabitants of Piemont. French and English publications were sold in the booksellers' shops, which were prohibited at Nice, where the censorship exists in all its rigour; great difficulty being sometimes experienced by travellers bringing their own books into the territory.

The climate of Genoa is one of the worst in Italy; there is much rain in winter, and the hills immediately behind the town are not sufficiently high to shelter it from north and east winds, which blow down from the higher mountains with considerable force. In the middle of last February, when I was in Genoa, the weather was wet and cold, a sharp wind blew from the mountains, and the hills around the town were covered with snow: while a few miles to the east the climate was totally different, no snow was visible, the sky was clear, the sun shone, the country bore the cheering aspect of summer, and while inhaling

*"L'aere dolce che dal sol si rallegra,"*

I felt that I was indeed in Italy.

The scenery between Genoa and Chiavari is of a similar character to that on the opposite side of the bay. At Recco, the road passes through a grotto, whence the vista of the bay, encircled by mountains, is highly beautiful and picturesque.

Before arriving at Chiavari, you pass two other grottoes, cut through rocks of marble, within fifty yards of each other,—the intermediate part being built up with masonry. Chiavari is a pretty town on the shore, beyond which the road passes inland, and crosses the Bracco, the highest pass of the Appenines to Borghetto, which is a dirty, miserable place. From the summit of the Bracco you enjoy a grand spectacle of mountains of various heights and forms, irregularly clustered together. Beyond Borghetto, you traverse a level country as far as the hill above Spezzia, whence the town, with its magnificent bay, circumscribed by lofty mountains, is seen expanded beneath, forming a *coup d'œil* rarely equalled in beauty. Leaving Spezzia, you are ferried across the Magra, and enter Sarzana, the last town in the Genoese territory; beyond which you traverse a corner of Tuscany, passing through

Carrara, situate in a beautiful hilly country, to Massa, whose environs are a complete garden, and whose climate is said to be excellent. From Massa, a level country, producing olives, wine, and grain, extends to Lucca.

Lucca is surrounded by a fertile plain, and, from its appearance, doubtless merits its title of *L'Industriosa*. Its streets are clean, regularly built, and paved with flag-stones. The palace is a handsome structure; the apartments are elegantly fitted up with furniture of Lucchese manufacture. One of them contains a *chef d'œuvre* of Raphael,—the Madonna and Infant; which amateurs of painting should not omit visiting.

The baths are about fourteen miles from the town, and are much resorted to in the summer, being the coolest spot in Italy. They are situated in a pleasant valley among the Appenines, on a branch of the little river Serchio. The environs abound in delightful rides and sheltered walks, where exercise may be taken at any hour of the day. The season lasts from the middle of May to the end of August, during which time the weather is fine and settled. The Ponte Seraglio and the Bagni alla

Villa are close to the river, and about a mile distant from each other. The Bagni Caldi are placed on a hill overlooking the Ponte Seraglio, and this is the best situation for invalids, as considerable humidity often prevails in the valley at night. The water supplying the baths is derived from hot springs in the hill, and does not possess any active medicinal properties. It is principally employed in rheumatic and gouty affections.

The duchy of Lucca is very fertile, producing abundance of grain and oil. It is pleasing to hear the peasantry, employed in the olive plantations,

“ Singing some national song by the way side.”

The people throughout this little territory are prosperous and cheerful.

The road to Pisa, which is fourteen miles distant, passes across a well cultivated plain. About seven miles from Lucca you enter Tuscany, and on approaching Pisa perceive, from a distance, its leaning tower and cathedral. The plain in which the town stands extends to the sea, five miles westward, and beyond Leghorn, which lies fourteen miles south. Pisa is

in some measure sheltered, on the north and north-east, by a range of high hills, rising at a little distance from it. The Arno runs through the town, dividing it into two unequal parts. The quays are handsome, and the streets wide, clean, and, like most towns in Tuscany, paved with flag-stones. The population amounting, in former times, to 150,000, does not now exceed 20,000 persons, which gives the town a melancholy and deserted aspect. The number of students who matriculate at the university is about five hundred annually. The most interesting objects in Pisa, viz. the leaning tower, the cathedral, one of the finest churches in Italy, the baptistery, and the Campo Santo, lie close together in the same square.

The Campo Santo is a quadrangular edifice, supported by lofty and elegant arcades, enclosing a space of open ground, part of which is said to have been brought from Jerusalem, whence the name of the building. Beneath the arches are tombs, ancient sarcophagi finely sculptured, bassi relievi, and other curiosities. The walls are painted over with Dantesque frescos, some of which are still in admirable preservation.



The leaning tower is an elegant circular structure, eight stories high, supported and adorned with numerous marble pillars, between which a winding staircase ascends to the top ; whence may be obtained a good view of Pisa, and the surrounding plain as far as the sea. The tower is used as a belfry, and declines about thirteen feet from the perpendicular.

Pisa enjoys, next to Rome, the mildest and most equable climate in Italy. The air is less dry and sharp than that of Nice, but less soft than that of Rome, and not so liable to great and sudden variations of temperature as Florence and Naples. Cold winds are, however, frequently severely felt, particularly in the earlier part of the spring. The heat of the sun is also occasionally very great in winter and spring, causing a difference of several degrees of temperature between the Lung' Arno and other parts of the town less sheltered from cold. The climate agrees well with the majority of consumptive patients. Persons predisposed to phthisis, and those suffering from laryngeal and bronchial affections, which simulate that disease, especially if young, generally derive permanent benefit from wintering at

Pisa two or three successive years. It is, however, a dull residence, both from its possessing none of the resources of a capital, and from the number of invalids there congregated. For patients who require more amusement Rome is preferable. Many, however, find Pisa agree better with them than the more relaxing climate of Rome. Asthmatic persons, and those subject to gouty or rheumatic affections, as also those whose general health is deranged, without any well-marked local disease, generally find themselves benefited by the climate. The houses on the sunny side of the river, are the most eligible for invalids.

The tract of country between Pisa and Florence is the richest part of Tuscany. Corn, grapes, and olives, are frequently seen growing in the same field; the vine, being gracefully festooned between the trees, produces a rich and pleasing effect. The soil yields two, and sometimes three crops in the year, and the peasantry appear cheerful and contented. Many of the women in the villages are engaged in the manufacture of the fine straw hats exported from Leghorn. They are mostly good-looking, but not remarkable for beau-

ty; and their style of dress is very similar to that of the English peasantry.

Florence is forty-five miles distant from Pisa, and is situated at one extremity of the Val d'Arno, an extensive plain surrounded by the Appenines. It is a cheerful-looking city, encircled by a high wall, and contains 80,000 inhabitants. The houses are lofty, and several of the streets narrow, but the majority are wide, clean, and paved with flag-stones. The massive character of the architecture of most of the palaces, gives to the principal streets a grand and imposing appearance. The Arno runs through the city, and is crossed by four bridges. That of Santa Trinità is considered a model of lightness and architectural beauty. Spacious and handsome quays adorn both sides of the river, which are termed, as at Pisa, the Lung' Arno.

Florence possesses several fine squares. The Piazza del Granduca, with the imposing mass and characteristic tower of the Palazzo Vecchio, and the elegant Loggia dei Lanzi, embellished with statues, presents a novel and striking appearance. The cathedral is a handsome marble building, and, next to St. Peter's, the largest church in Italy. Its façade, like that of most

Florentine churches, is unfinished, and disfigured with numerous holes, which served to fix the scaffolding at the time of its erection. The most interesting church in Florence is, however, the Santa Croce, which, though a plain-looking brick edifice exteriorly, contains the tombs of some of the most celebrated Florentines.

“ Here repose  
Angelo's, Alfieri's bones, and his  
The starry Gallileo, with his woes.  
Here Macchiavelli's earth returned to whence it rose.”

A handsome monument to the memory of Dante has also been recently added to the number.

The Corsini palace is one of the handsomest in Florence, and contains the best private collection of pictures, among which are some *chefs d'œuvre* of Carlo Dolci and Salvator Rosa. The Florence gallery contains separate rooms for the productions of the Tuscan, German, Flemish, and French schools, in none of which is there any thing worth particularizing. The most interesting apartments are the Tribune, where the “ goddess loves in stone,” the Hall of Barroccio, and the Hall of the Painters. The gal-

lery also contains the richest cabinet of gems in Europe, but possesses few good statues, except those in the Tribune, and some of the busts of the Roman emperors. The Palazzo Pitti, a sombre-looking building, and the residence of the Grand Duke, contains a magnificent collection of pictures; among which, Raphael's *Madonna della Seggiola*, and *Leo the Tenth*—two large landscapes, by *Salvator Rosa*—and two admirable *Murillo's*, stand pre-eminent.

The Museum of Natural History is one of the best in Europe, and contains a fine collection of anatomical wax models, coloured according to nature, exhibiting all the parts of the body, both conjointly and in detail, of the natural size: a separate room being allotted to each division of anatomy, as osteology, myology, &c. The models are in general pretty correct. The three celebrated wax models of the plague, in small glass-cases, are to be seen in an adjoining room.

The Pergola is a long, ugly-looking building, whose interior is decorated with taste and neatness. The orchestra is excellent, as in most Italian towns, but the singers are not of

the first celebrity. First-rate singing is more frequently to be heard in London or Paris than in Italy, where the scale of remuneration is much lower. It is only *en passant* that a *prima donna* of celebrity will vouchsafe to sing at any other town than Milan or Naples.

There are in Florence two large hospitals, and a foundling hospital, where between two and three thousand infants are received annually. Scarcely any, however, are kept in the hospital; they are mostly put out to nurse in the country, and are supported by the establishment for the first ten years, and after that period otherwise provided for. The manner in which infants are swaddled up in cloths, something like an Egyptian mummy, the head only being left to move freely, is productive of frequent distortions of the limbs, and other bad effects.

The hospitals here, as elsewhere upon the continent, are superintended by the government, and patients are admitted on application, without any other recommendation than that of their requiring professional assistance. The Spedale Santa Maria Nuova is a handsome building, containing eight hundred beds. The

wards are clean, spacious, and well ventilated. The professional treatment of the sick is in general judicious; and somewhat similar to the practice followed in France.

The Spedale di Bonifazio contains about the same number of beds as the other hospital, and is divided into two parts; one being for the insane, the other for persons afflicted with incurable diseases, and military men.

The average number of insane in the hospital is about three hundred. Small cells, having each a window with iron bars, and containing a bed, are placed upon either side of passages about fifty feet long. Each patient has a cell; but, in the day time, they are allowed to walk about the passages, and in open courtyards, and are all clothed alike, in a white woollen dress. The greatest attention is paid to cleanliness throughout the establishment; and patients, on their first arrival, are placed in separate rooms, in order that the peculiarities of their insanity may be observed by the physician. When confinement of the hands is necessary, a wooden case (*manchôt*) is used, into which both hands are placed, and confined, by means of a strap passing round the

waist. Furious patients are confined singly in a small darkened room, well padded round the walls. The darkness and solitude are generally found to render them tractable. Moral means are adopted in the treatment; many of the patients being employed in mechanical occupations, or gardening; the women in knitting, spinning, &c. The system formerly in use of indiscriminately employing depletory measures every summer is now discontinued.

In the Casa dei Poveri, the poor are taught to work at various occupations. Those who, from age or other causes, are unable to work, are maintained by the establishment. Manufactures of cloth, carpeting, articles of clothing, &c. are carried on within the building.

The Società della Misericordia is another charitable establishment, instituted in the beginning of the fifteenth century, at the time of the great plague, and counts several of the nobility among its members. Its object is to render assistance to the sick poor, for whom the members perform many kind offices, and supply them with the necessaries of which they may stand in need. The society also undertakes the burial of the bodies of poor persons;



and, in cases of accident, send to the spot where assistance is required, to convey the person to the hospital, or to his own residence. The brethren meet in a building in the Piazza del Duomo, where their affairs are conducted by a committee. One or more members of the committee are always in attendance at the central institution, to indicate to the brethren on duty the place where their services are required. The sick are carried, in covered litters, on the shoulders of the brethren, who maintain a profound silence, and are clothed from head to foot in a black domino, in order to conceal the persons of those thus engaged, who are sometimes members of some of the first families in Florence. Ten, twelve, and often more, brethren accompany each litter, and relieve each other in supporting the burden. There is a branch of this establishment at Pisa.

The upper class of Florentines are affable, polite, and fond of gaiety, but associate very little with the resident English. The lower classes are cheerful, obliging, industrious, and satisfied with their political condition; their promises are not, however, always to be depended upon. The government is entirely despotic,

but prosperity and content appear to prevail throughout the duchy. The Duke is extremely popular, and walks daily with his family on the public promenade, at the Cascina, one of his farms, surrounded with pleasure ground, and the favourite resort of the inhabitants, situate on the Arno, about a mile from the town.

The environs of Florence are highly interesting, and abound in agreeable walks and drives. The view from any of the heights in the neighbourhood is extremely beautiful. The Arno is seen pursuing its course through the city, and along the plain, which, with the surrounding hills, is thickly dotted with towns, villages, and villas, whose whiteness forms a strong and pleasing contrast to the verdure on the ground, and the deep blue of the sky. The point whence the best view may be obtained, is Bello Squardo, a hill opposite to Fiesole, which, placed between two of the Appenines, forms a striking feature in the scene.

Florence possesses more resources for amusement, and more advantages for the permanent residence of persons in health, than

any other city in Italy. The climate in winter, is, however, too severe and variable for those who are "servile to skiey influences." The weather is generally cold; rain frequently falls in torrents, and the transitions of temperature are great, frequent, and sudden. The tramontane sweeping over the Appenines, is sharp and piercing, while, at the same time, the heat of the sun is often inconveniently felt in some parts of the city. Thus, in one minute the change from summer's heat to winter's cold, may be experienced, rendering the inhabitants more susceptible to inflammatory attacks on the chest and air passages, than those living in a climate uniformly cold. The majority of Italians, however, guard against these variations of temperature, by the constant practice of wearing large cloaks, without which they seldom stir out during five months of the year; foreigners, who are less cautious in this respect, often experience the bad effects of their negligence.

From the end of November, to the middle of March, the climate of Florence is less adapted than any other in Italy, to persons with pulmonary, bronchial, or rheumatic com-

plaints. It generally agrees with dyspeptic and nervous patients, who seek mental recreation in travelling, and has suited some persons labouring under nervous asthma, better than that of any other Italian city. Such invalids should reside in that part of the town north of the Arno.

The weather in October and November, is usually fine and warm. Invalids on their way to winter at Rome, will frequently benefit more by remaining these months in Florence, than by proceeding at once to Rome. They should not return to Florence before April, at which period the weather is in general delightful.

The diseases which prevail most in Florence, are pleurisy, bronchial affections, and inflammation of the lungs, which annually carry off a great number of the poorer people; gastric irritation, rheumatism, and diseases of the eyes, are also extremely prevalent.

The distance from Florence to Rome, is about two hundred and twenty miles. The country is pretty as far as Sienna, beyond which it is for the most part hilly, and has a desolate aspect, especially about Radicofani, a

wretched looking town, perched on the summit of a bleak mountain, and the frontier of Tuscany. The hotel and custom-house stand at a little distance from the town, and the accommodation is better than might be expected from the appearance of the place. Descending the mountain, you enter the papal dominions, and pass through Aqua Pendente, which stands in a beautiful situation, but its interior is dirty and comfortless. Beyond the next stage, you drive along the Lake of Bolsena, where the scenery is highly interesting; the country is, however, extremely unhealthy, as far as Viterbo, a large, walled town, beyond which you traverse a dreary tract of country, which the Malaria seems to have depopulated. From the hills beyond Baccano, you discern St. Peter's, and the "Mole that Adrian reared on high," and, crossing the Tiber by the Ponte Molle, enter the city by the Via Flaminia.

## CHAPTER III.

ROME—MALARIA—CLIMATE OF ROME—NAPLES  
CLIMATE OF NAPLES—ROAD BY TERNI.

THE symmetrical aspect of the Piazza del Popolo, its fine fountains and obelisk, with the vista of the Corso, rarely fail to impress strangers, on first entering Rome, with an idea of its magnificence. The relics of antiquity constantly met with, and the numerous fountains and obelisks with which it is embellished, give Rome an appearance distinct from that of any other city; yet, as an *ensemble*, it cannot be termed handsome. It possesses only one good bridge, few fine squares, and the streets are, for the most part, badly paved, and too narrow to allow its palaces to be advantageously seen. There are few cities where it would be so difficult to lose one's way. Three of the principal streets front you on entering. The

central one, the Corso, runs for more than a mile in a straight line, leading towards the Capitol and the Forum. The Via Babuino on the left, and the Via de Ripetti on the right, diverge from the line of the Corso, the one leading to the Piazza di Spagna, the other to the river. A series of streets is continued almost in a straight line from the Piazza di Spagna, cutting at right angles across the centre of the Corso, to the Ponte St. Angelo, beyond which, and on the opposite side of the river, is the Piazza di S. Pietro. These are the most frequented streets; and the majority of strangers reside in the neighbourhood of the Piazza di Spagna.

The Piazza di S. Pietro is unique, and defies criticism. The massive and lofty pillars of its colonades, ranged in a semicircle on each side, enclosing a spacious area, adorned with two splendid *jets d'eau*, and the finest obelisk in Europe, form, with the façade of St. Peter's, a most striking and magnificent *coup d'œil*. The interior of the church is surpassingly grand, and can only be properly appreciated after the several parts have been repeatedly viewed in detail. All is vast, but admirably proportioned.

“ Vastness which grows, but grows to harmonize,  
All musical in its immensities :  
Rich marbles—richer paintings—shrines where flame  
The lamps of gold, and haughty dome, which vies  
In air, with earth’s chief structures, though their frame  
Sits on the firm set ground, and this the clouds must claim.”

The Pantheon, now used as a church, is a noble remnant of antiquity, and in admirable preservation. The edifice is of a circular form, having an aperture twenty-six feet in diameter, in the roof. The interior is adorned with several elegant fluted marble pillars, between which altars are placed. Its portico consists of sixteen circular granite pillars, each of which is a single piece, thirty-nine feet in height, and fourteen in circumference, with an entablature and pediment of proportionate magnitude.

Among the other churches which especially deserve notice, are the S. Giovanni in Laterano, the Santa Maria Maggiore, and the Santa Maria degli Angeli.

The Palazzo Doria, is one of the handsomest in Rome, and contains a rich gallery of pictures, among which, the Molino, and the sacrifice to Apollo of Claude, a Magdalen, by Murillo, and Belisarius, a *chef d’œuvre* of Sal-



vator Rosa, will attract particular attention. In the Borghese gallery, the Cumean Sybil of Domenichino, stands unrivalled ; Raphael's portrait of Cæsar Borgia, is also one of the best in the collection. The Barbarini palace contains, in a separate room, three of the best pictures in Rome ; the Cenci, the Fornarina, by Raphael, and a female slave, by Titian. The Palazzi Falconieri, Colonna, and Corsini, also contain fine collections of pictures, by the first masters of the Italian school.

The pictures in the Vatican are few in number, but all exquisite. The numerous galleries of sculpture and fresco painting, would require a volume for their description. The Apollo stands in a cabinet by himself, and is a perfect model of animation, grace, and dignity. The admirable group of the Laocoon stands in an adjoining cabinet.

From the tower of the Capitol, are presented to the view, on one side, the modern city, on the other, the ruins of ancient Rome, with the stupendous mass of the Coliseum, towering above the rest ; and beyond these the extensive plains of the Campagna,

“ A weary waste expanding to the skies.”

with aqueducts stretching across towards the distant hills, on which are seen Frascati and Tivoli, glittering beneath a sky of the deepest blue ; the whole forming a prospect unequalled for variety and interest.

The principal hospitals of Rome are in a state of great neglect, the patients being crowded together in dirty and ill-ventilated wards, while other wards remain empty. The medical treatment of the poor is worse, and the mortality greater than elsewhere in Italy. The malaria fevers, which are endemic in the summer, carry off an immense number ; their frequency and severity, have, however, somewhat diminished since the improved drainage of the Pontine Marshes, and the insalubrity of the season is always in a direct ratio to the quantity of rain that has fallen in the spring. Dr. Clarke remarks of this fever, that "it seldom appears before July, and ceases about October. One of the most frequent exciting causes of this fever, is exposure to currents of cold air, or chills in damp places, immediately after the body has been heated by exercise, and is still perspiring. Irregularities of diet are also among its most frequent exciting

causes." According to Dr. Clark's experience, foreigners are less liable to be affected by the malaria, during the first and second years of their residence in Rome, than in subsequent years.

There is no doubt that the influence of malaria frequently remains latent for some time in the constitution, and occasions various diseases at a future period. Several Englishmen, who continued pretty well while under the excitement of travelling, have been subsequently attacked by paralytic and other affections, which could be pretty clearly traced to this cause. Dr. James Johnson, in his "Change of Air," says on this subject, "The foundation of chronic maladies that render life miserable for years, is every summer laid in hundreds of our countrymen, who wander about beneath the azure skies of Italy. They bring home with them a poison, circulating in their veins, which ultimately tells on the constitution, and assumes all the forms of Proteus, harassing its victim with a thousand anomalous and indescribable feelings of wretchedness, inexplicable alike to himself and his physician. It is the attribute, the character of all malarious disor-

ders, to be slow in their developement, when the poison is inhaled in a dilute state, or only for a short time."

Acute inflammation of the lungs, is very prevalent in the spring among the Romans. Rheumatism, and diseases of the eyes, are less prevalent than at Florence and Naples, gastric irritation, and visceral *engorgement*, are of frequent occurrence, as is also apoplexy, or, as the Italians term it, "*accidente*." Nervous affections are very general, especially the morbid sensibility of the nerves, with respect to perfumes, or to the sight of flowers, which frequently occasion convulsions in Roman women. This morbid sensibility is also met with in other Italian towns.

The climate of Rome is milder, more equable, and the winter shorter and less severe than at Pisa. The tramontana, however, sometimes prevails for several successive days, during which, delicate invalids should not leave the house; but, in general, the air is light, soft, and balmy. "One peculiarity," says Dr. Clark, "deserving notice, is the stillness of its atmosphere; high winds being comparatively of rare occurrence. And this qua-

lity of calmness is valuable in a winter climate for pulmonary diseases, more especially for diseases of the larynx, trachea, and bronchia. It is also of great importance to invalids generally, as it enables them to take exercise in the open air, at a much lower temperature than they could otherwise do." Rome is the best winter residence for consumptive patients in general. Dr. Clark speaks favourably of the climate in the earlier stages of phthisis, and in bronchial diseases, particularly when combined with much irritability of the air passages. In the more chronic forms of bronchial affections, especially in elderly people, the climate of Nice is preferable to either Rome or Pisa. Rheumatic and dyspeptic patients are generally benefitted by wintering at Rome. Many persons in tolerable health, become enervated and indisposed, by passing several months at Rome. Such individuals will generally derive benefit, by repairing to Florence or Naples for a short period.

In travelling from Rome to Naples, you traverse the dreary and depopulated Campagna, where scarcely a habitation or a human being is to be seen, except the squalid individuals

at the post stations. Beyond Velletri, the road is carried in a straight line for twenty-five miles, through the Pontine Marshes, which terminate at Terracina, situate on the sea-shore.

Shortly after leaving Terracina, you enter the Neapolitan territory, and pass through the miserable towns of Fondi and Itri, beyond which the character of the scenery improves, and about Mola is extremely interesting. The town is situated close to the sea, on an extensive bay, across which Vesuvius may be seen in clear weather. The country between Mola and Naples is level, and extremely fertile, and the interest of the scenery increases as you approach the capital.

Naples is second only to Paris, in the amount of its population, and the crowded and bustling aspect of its streets. Seen from the water, it appears to the greatest advantage, and, with its magnificent bay, forms one of the finest prospects in Europe. The city is built along the shore, and up the acclivity of a hill, on which stands the castle of St. Elmo; most of the houses are lofty, and the streets narrow; and, with the exception of the Largo

del Castello, in which are the palace, and the theatre of St. Carlos, it has no good squares. The Sta. Lucia, the Chiaja, and the Strada Vittoria, fronting the bay and Vesuvius, are the parts of the city in which strangers generally reside. The public garden of the Villa Reale, extends along the Chiaja, between the houses and the sea. It is prettily laid out with parterres of flowers, and shady walks, of which there is a great deficiency at Naples. The Castel del Uovo, standing in a rock which projects into the sea, separates the Chiaja from the port, which always exhibits a busy scene, from the number of lazzaroni there assembled listening to an improvisatore, or laughing at the antics of Punch, their love for whom forms part of the national character.

The only church in Naples worth particularizing, is San Martino, whose interior is extremely rich in painting and precious marbles. It stands on the hill near the Castle of St. Elmo, and a convent of friars, from whose balcony you

“ Behold a paradise beneath you lie,  
A region of fertility,  
Earth one bright garden, one bright lake the sea.”

The flat roofs of the houses of the city, seen from this position, present a curious and novel aspect.

The most interesting public establishment in Naples is the Museo Borbonico, which almost equals the Vatican in the richness of its collection of statues, and contains the fresco paintings and other objects discovered in excavating Pompeii and Herculaneum. Among these are gold and silver ornaments, kitchen utensils, scales, weights, &c. similar to those used in the present day, and rolls of Papyri, the process of deciphering which is extremely curious. The Museum also contains an extensive library, and a good collection of pictures.

The environs of Naples are supremely beautiful, and abound in interesting associations, whether you explore the classic shores of Baia, sail to Capri, or Sorrento, ascend Vesuvius to enjoy one of the most magnificent panoramas in the universe, or, proceeding through fields of lava, wander among the silent streets of the city of the dead, where

“ radiant porticos appear ;

Halls, that painted columns rear ;



Courts, where central fountains played ;  
Galleries, that the noon-sun shade ;  
Here, Isis' mystic fane ; and there,  
Each marble-structur'd theatre.  
What though no roof the radiant courts enclose,  
Fantastic figures, beaming from below,  
Along the rich mosaic brightly glow ;  
All that from Raphael's fairy pencil flows,  
In graceful arabesque the walls adorn—  
Wing'd nymphs that float in air, and wind the wreathed  
horn."

SOTHEY'S *Italy*.

The inhabitants of Naples are mostly good-humoured and quick at repartee ; but are extremely irascible and idle. Nowhere is the "far niente" so well exemplified as in the hundreds of lazzaroni seen basking in the sun, careless of the morrow, if possessed of wherewithal to purchase their daily meal of macaroni ; and in no European country, Spain perhaps excepted, are exhibited so much misery and poverty, as in the towns and villages of the Papal and Neapolitan states.

The climate of Naples is one of the most variable in Italy ; rain frequently falls, and the variations of temperature are great and sudden. Easterly winds often prevail with severity in

that part of the city inhabited by visitors; and the houses are less adapted to exclude the cold than those in other Italian cities, while the heat of the sun, and the relaxing effects of the sirocco, render invalids extremely susceptible to the atmospheric vicissitudes. The most prevalent diseases among the inhabitants, in winter and spring, are pulmonary and bronchial inflammations, rheumatism, and gastric fevers. Diseases of the eyes are also more common here than elsewhere in Italy. Persons labouring under thoracic, bronchial, or rheumatic affections, should avoid Naples in December, January, February, and the beginning of March. The climate does not generally disagree with dyspeptic and nervous patients.

The country between Rome and Terni is agreeably diversified with hill and dale, wood, and cultivated land, and presents much interesting scenery. The towns and villages are better built, and cleaner, and there is less appearance of extreme poverty among the inhabitants in this route than in other parts of the Papal territories. Nepi and Civita Castellana

stand on the edge of deep ravines, whose precipitous sides are thickly clothed with trees and brushwood; and, seen from a distance, present a striking and picturesque appearance. The position of Narni is also very fine. Placed on the edge of a rocky dell, it crowns a commanding eminence, and overlooks a plain surrounded by mountains, at whose opposite extremity Terni is situated. The fine waterfall of Terni is about four miles from the town, and is surrounded by scenery of the most interesting description.

The country between Terni and Perugia is agreeable and hilly. You pass through Spoleto, whose fine aqueduct stands by the road side, and Foligno, at which point the roads to the Adriatic and to Florence meet. Perugia is a large town, of great antiquity, placed on a lofty hill. The principal square contains some fine edifices; but the population of the town is small, and its streets look melancholy and deserted. A few miles from Perugia you drive along the classic shore of Trasimene; beyond which you pass beneath the hill on which stands the ancient city of Cortona, now

a large dilapidated town, and arrive at Arezzo, a neat town, possessing a fine cathedral, and is the birth-place of Petrarch. Between Arezzo and Florence the road traverses a pretty country, following the windings of the Arno among cultivated and well-wooded hills.

## CHAPTER IV.

APPENINES — BOLOGNA — MILAN — PELLAGRA —  
 LAKE OF COMO—THE VALAIS—GOITRE AND CRE-  
 TINISM—GENEVA—BERNE.

ON leaving Florence for Milan, you immediately begin to ascend the “Alpestri Appennini,” and shortly afterwards enjoy a delightful view of the city “girt by her theatre of hills.” During a succession of ascents and descents, the road presents many fine views of mountain scenery, less sublime, but more pleasing, than that of the Alps. The prospect from Le Maschere, of a valley encircled by mountains, grouped in picturesque forms, is strikingly fine; as is also the view of the stern and rugged mountains near Covigliago. At Loiano you obtain a view of the two seas, with the plains of Lombardy, bounded on the north by the chain of Alps.

“D'Italia quanto il Po ne irriga, e quanto  
 L'Appenin, l'Alpe, e d'Adria il mar ne serra.”

More wooden crosses, on the road side, will be seen between Florence and Bologna than elsewhere in Italy. They are, however, not always "memorials frail of murderous wrath," but indicate the spot where an accident of any kind has occurred. From Loiano you descend into the plain, and arrive at Bologna, situate at its southern extremity.

Bologna has a population of 70,000 persons, and is a handsome, clean town, whose streets are lined with arcades on which the houses are built. The two leaning towers are ugly square piles of brick, standing close together, and leaning towards each other. Assinelli's tower is three hundred feet high, and declines four feet from the perpendicular; the other tower is an hundred and fifty feet high, and has a declination of eight feet.

The Bolognese are not dependant on the state of the weather for walking exercise; for, besides the arcades in the streets, a portico extends between the town and a church on a high hill three miles distant. This has been built by contributions from rich individuals, and from associations of professions, trades, and all classes of the population. Another portion

leads from the principal one to the Campo Santo, an extremely well arranged and interesting establishment, about a mile distant from the town. It consists of a piece of ground, enclosed by elegant porticos, under which are handsome tombs, marble monuments, and several statues, transferred from the churches of the town. Beneath the pavement, and in the walls of the covered passages, are spaces for interment, varying in size from two to seven feet. A neat monument is erected to the female professor of Greek to the university—the last of the female professors.

The University, whose halls were formerly crowded with students from all the countries of Europe, is now but thinly attended. The number of students does not exceed five hundred, and the lectures are delivered at the houses of the professors, instead of the lecture-rooms of the building. It contains a museum of natural history and antiquities, and some good pathological wax models.

Bologna possesses one of the finest theatres in Italy, and a small, but select, public gallery of paintings, among which is the celebrated St. Cecilia by Raphael.

After quitting Bologna, you traverse the fertile territory and compact capital of the Duke of Modena, and enter the duchy of Parma.

The principal streets of Parma are spacious and well paved; but the population is small compared to the size of the town. The royal academy contains a large and well-arranged public library, and a small collection of pictures, in which are some fine Correggio's. The great theatre, capable of containing six thousand persons, is now in a ruinous state; but the new theatre, recently finished, is a large and elegant structure, tastily decorated. The hospital contains four hundred beds; the wards are more spacious, airy, and clean, than any continental hospital I have yet seen. The Pellagra is prevalent in the surrounding country.

There are in Parma several charitable institutions. The principal one is the Congregazione Pietosa della Carità, established in the fifteenth century, for the relief and medical assistance of the poor. One half of its members are ecclesiastics; the other half is composed of nobles and citizens. Two members of the society are attached, in rotation, to each



district of the town and its environs, whose duty it is to seek out and relieve those who need assistance. The medical duties are performed by physicians and surgeons, who are elected every three years. The affairs of the society are arranged by a committee of twelve members,—six secular, six ecclesiastical,—who are divided into pairs, each pair having a particular department to superintend.

Beyond Piacenza you cross the two branches of the Po, upon crazy bridges of boats, and are reminded, by the custom-house on the bank, that the river is the boundary of

“ fruitful Lombardy,  
The pleasant garden of great Italy.”

Milan has more the aspect of a capital than any other Italian city. The houses are lofty; the streets are wide, clean, and paved in the centre with narrow strips of flag-stones, on which carriages roll smoothly along. The throng of well-dressed pedestrians; the elegance of the shops; and the number of handsome equipages, indicate the prosperous condition of the inhabitants. Milan, however, contains few objects calculated to interest the

majority of travellers. The only public edifice conspicuous for beauty is the cathedral, whose whiteness dazzles the beholder, and whose numerous pinnacles, each crowned by a statue, produce a novel and rich effect. The view from the spire of the extensive plains, and their stupendous northern barrier, and of the long line of Appenine stretching southward till lost in the distance, is strikingly magnificent.

There is a public collection of paintings in the palace of the Brera. A few of the most valuable pictures are, Abraham and Hagar, by Guercino; St. Peter and St. Paul, by Guido; the Last Supper, by Rubens; and two landscapes, by Salvator Rosa.

The great hospital is perhaps the largest building of its kind in Europe; its façade measures nine hundred feet; the principal wards are built round a spacious court-yard, opening into four smaller courts, round which are apartments for particular classes of patients. The average number of patients is one thousand; but the hospital can receive double that number; the wards are high and airy; the treatment of disease is not based

upon any particular theory, and appears to me more rational than in other Italian cities. In this, as in most other hospitals in Italy, there are separate apartments for those persons who pay a trifling sum towards their maintenance. The irrigation of the rice-fields, with which the country about Milan abounds, is a fertile source of fevers of all types, which, together with thoracic inflammation, phthisis, rheumatism, and affections of the digestive organs, are the most prevalent diseases. Goitres are also very common. The pellagra is endemic in Lombardy; it is most prevalent in summer, and generally terminates, after repeated relapses, in paralysis, melancholia, or idiotism; the digestive organs are much implicated in the disorder; and one of its most constant symptoms is a dark scaly eruption on the skin, especially the hands, face, and breast. The causes of the disease are enveloped in considerable obscurity. It mostly appears among the poorest peasantry, who are badly clothed and fed, and occurs more frequently among the inhabitants of the mountainous parts near Como and Bergamo, than in the plains. One of its causes is considered to be

bread badly baked, or that made with damaged Indian corn, which is in frequent use among the peasantry of these districts.

The hospital for the insane is a large establishment, about a mile from the town, containing five hundred patients, who are allowed to walk about in spacious court-yards, where several keepers are always in attendance ; the more violent patients sleep in separate wards from the rest, but are not confined in the daytime, being allowed to walk about with the rest, with their hands fastened together in gloves of coarse leather. This plan is found to answer better than confining them within doors. The female patients have women to superintend them. Moral means are principally adopted in the treatment, many of the patients being employed in works about the establishment, in gardening, the manufacture of articles of clothing, shoes, &c. ; the women in knitting, spinning, and similar avocations. Several of the patients had suffered repeated attacks of pellagra, and many had goitres.

The higher class of Milanese are well informed, fond of travelling and study. Most of the women are tall, and have fine features ;

here, as in other large towns, they adopt the French mode of dress, which is gradually superseding the graceful and becoming costume of the middle and inferior classes. Society is much fettered by the system of *espionage* pursued by the government; the Milanese are consequently, extremely reserved in conversation with strangers, less so, however, with the English than with other people.

The drive to the lakes is highly interesting, traversing a beautiful and fertile country, embellished with neat villages. Como is a pretty town, delightfully situate on the shore of the lake, and surrounded on the land side by lofty and verdant hills. The lake itself is enclosed between hills clothed with verdure, on whose sides are numerous villages, and whose base is adorned with neat towns and handsome villas. The most beautiful part of the lake is at Bellagio, where the lake of Lecco joins that of Como.

“ Sweet is it, to behold on either side  
The crystal flood divide,  
Making an isle of that green eminence ;  
And watch the sails that flash'd on the far stream,  
Now seen, now lost,

Like fire-flies glancing through the moonlight gleam,  
As winds the current crossed."

SOTHEY.

The mountains at the upper part of the Lago Maggiore are more lofty and rugged than those which enclose the Lake of Como, but, on advancing to the south, become softened down into gently rising hills, covered with corn-fields and vineyards, with numerous white towns and hamlets at their base adorning the shores of the lake. The Boromean islands, seen from a distance, have a pleasing effect, and, with the distant Alpine range, add to the variety and interest of the scene.

The ascent of the Simplon is gradual as far as Isella, beyond which, the road passes the sombre defile of Gondo, which presents scenery surpassing in rugged wildness and sublimity that of any other Alpine pass. The ascent then becomes steeper, and the road is seen winding its way upwards in several zigzag turns,

" Like a silver zone  
Flung about carelessly, it shines afar,  
Catching the eye in many a broken link,

In many a turn and traverse as it glides;  
And oft above and oft below appears,  
Seen o'er the wall by him who journeys up  
As though it were another, not the same,  
Leading along he knows not whence or whither."

ROGERS.

After leaving the village of Simplon, a few miles of ascent remain before the summit of the pass is reached. A substantial looking *hospice* has been erected within these few years at the highest part. The descent presents few features of interest, compared with the Italian side; the road is for the most part cut through soft rocks, along the edge of wide ravines, between whose steeply shelving sides, clothed with larches and pines, occasional glimpses are caught of the valley and glittering spires of Brigg, to which it descends after many tortuous windings.

The Haut Valais is hemmed in between high mountains, preventing the free circulation of air; the soil is in many parts marshy, and covered with rank vegetation; no wonder, then, that goitre and cretinism should be endemic there, as the people constantly inspire an atmosphere loaded with noxious exhalations.

Goitre, which is in fact but a modification of cretinism, is generally found to prevail in localities similarly circumstanced; viz. where there exists a marshy soil, combined with imperfect ventilation, or stillness of the atmosphere; as in the neighbourhood of Rome, and some of the valleys of the Comasque and Bergamasque Alps. That the principal cause of the disease, where it prevails endemically, is in the quality of the air inspired; the anatomical and physiological connection of the thyroid gland with the vocal and respiratory organs, would lead us to believe, and the opinion is corroborated by the observations of many of the professional men resident in those districts where it prevails. In the Haut Valais, where the causes of marshy exhalation and imperfect ventilation prevail in the highest degree, the most aggravated form of the disease, cretinism, is met with; in other localities, where the operation of these causes is not constant, cretinism is proportionally rare; and the milder form of the disease, or goitre, principally obtains. This is well exemplified in the valley of the Rhone, which widens below Riddes, where the moun-



tain also are less high, and cretinism is less frequently met with, though persons with large goitres are still seen. Below Martigny, however, where the valley is wide, and the mountains low, and the earth more cultivated, even goitre becomes comparatively rare; the inhabitants have a healthy, industrious, and cheerful appearance, and the fertility and beauty of the country increases on approaching the lake of Geneva,

“ Where damsels sit and weave their fishing nets.”

Geneva, like Lausanne, has little beauty in itself, and derives its interest from its position, and the beauty of its environs, which, enjoying delightful prospects of the lake, the snow-clad Alps, and the dusky range of the Jura, is one of the pleasantest places on the continent for a summer residence, and is much resorted to accordingly; most of the villas being let to English families, till the period of autumnal migration to the South. Geneva and its neighbourhood, are better adapted for the summer residence of the majority of invalids than any other part of Switzerland.

In traversing Switzerland, travellers are obliged to employ a Voiturier, the only post road being that through the Valais. The route from Lausanne to Berne, by Morat, passes through a hilly and pleasing country, embellished with numerous cheerful-looking farm houses. A plain pillar on "the proud, the patriot field," marks the spot where the bones of the Burgundians lay unsepulchred. Berne is the handsomest town in Switzerland, and is situate on the declivity of a hill, round whose base the river Aar makes a considerable bend. The streets are spacious, extremely clean, and lined with low arcades, on which the houses are built; a stream of clear water runs through a small canal, along the centre of each street, supplying several neat fountains, most of which are adorned with the statue of Winkelried, or some other hero of Swiss history. There are several agreeable terraces and public promenades in the town, and the environs are delightful, commanding magnificent prospects over a vast extent of highly cultivated and richly wooded country, above which the long range of the Bernese Alps, covered with snow, raise their majestic peaks,

and form the most splendid and striking feature of the scene.

Interlacken, situated in a pleasant valley of the Bernese Oberland, is much frequented in the summer by English visitors, whose number has so much increased, that the size of the village is nearly double what it was four years ago. Several new boarding-houses have also been erected at Unterseen, a small town, half a mile distant from Interlacken. The Jungfraw, and other "thrilling regions of the thick-ribbed ice," are seen from the valley, which is a central spot for excursions among some of the sublimest scenery of Switzerland.

The country between Berne and Basle is less hilly, but, like that between Berne and Lausanne, teems with fertility and population. Basle is a large commercial town, containing no remarkable public edifices. The Rhine, here of considerable breadth, flows through the town, and is crossed by a wooden bridge.

## CHAPTER V.

BADEN-BADEN—MINERAL SPRINGS—HEIDELBERG  
—DARMSTADT—FRANKFORT.

KEHL, in the Grand duchy of Baden, though little more than a village, was, from its position on the Rhine, a place of considerable importance during the war; its fortifications have, however, been destroyed, and it now only interests the traveller, as being the point where the roads meet from Frankfort, Basle, the Black Forest, and France, with which it is connected by a long bridge of boats. The country near Kehl is flat, and scantily wooded; but assumes a richer appearance as you approach Baden-Baden; the road being for the last two or three miles bordered with apple, pear, and walnut trees.

This much frequented watering place, is situated about two miles from the high road to

Frankfort, in a pleasant and fruitful valley, disposed in meadows, corn-fields, and orchards, surrounded on all sides by lofty hills, clothed to their summits with beech, oak, and pine. The little river Oos, "with gentle murmur glides," through the valley, diffusing fertility around; and, on the lower eminences, the vine is cultivated.

Baden-Baden possesses the advantages of numerous shady walks, in the valley and among the hills, without which the heat in summer would be excessive. The public pleasure ground is agreeably laid out in grass plats and parterres of shrubs and flowers, through which serpentine many pleasant paths, sheltered by rows of chesnut trees and acacias. The "conversations haus," where reunions for restauration, play, and dancing, take place, stands in the pleasure-ground, in which are also erected in the season, booths for the sale of books, trinkets, &c.

The town is clean and cheerful-looking; it contains about four thousand inhabitants, mostly Catholics, and can receive an equal number of visitors. Many new houses have been built, and the accommodations much im-

proved within the last few years. The principal hotels have baths in the house; the largest of these is the "Badische Hof," in the saloon of which, upwards of an hundred and fifty persons sit down daily, in the season, to the table d'hôte; during dinner a musical band is in attendance, as is the custom at most German watering places.

As only one good carriage road passes through the valley, excursions are made on foot, or on donkeys. A fine alley of oaks, leading to the village and convent of Lichtenthal, is one of the most frequented promenades. A chalybeate spring was discovered at Lichtenthal, a few years ago, and a bathing-house is now built for its employment.

Many delightful paths have been made among the hills. One of the pleasantest is that leading to the extensive ruins of the old castle, whence the eye ranges over a beautiful prospect of the pine-covered hills of the Black Forest, on the one side; and, on the other, of the plains extending to the Rhine; beyond which towers the lofty and elegant spire of Strasburg cathedral.

The season begins in June and terminates in September, during which period Baden-Baden is thronged with visitors from most of the countries of Europe, in pursuit of health or amusement; and in few places could a few weeks be more agreeably passed. There are several springs within a short distance of each other; their chemical constituents are the same, but they vary somewhat in temperature. Independently of carbonic acid gas, they contain a large proportion of muriate of soda, (common table salt,) some sulphate and carbonate of lime, with a minute quantity of iron. The water is transparent, not unpleasant to the taste, and can be drunk at its natural temperature. The Ursprung is mostly used, and has a temperature of 154° Fahrenheit, which remains the same under all circumstances; the heat is retained thrice as long as water artificially warmed up to the same point.

No one should commence a course of mineral waters without consulting a resident physician, by whose advice the quantity of the water to be taken, the temperature of the bath, and the period of taking it, should be regulat-

ed, as bad effects are often produced by persons using the waters incautiously.

Many patients are recommended to drink and bathe, others either drink or bathe according to circumstances. There are public baths near the Ursprung, which, as well the principal bathing-houses, are provided with the requisite apparatus for douches and vapour-baths, which are much employed. The vapour-douche is also used with advantage in some cases. By this means a stream of vapour can be directed against any particular part without the vapour coming in contact with other parts of the body; this method is mostly applied to long standing muscular rigidity, contractions of the joints, &c. The vapour of the water is also inhaled with great benefit in many cases of chronic pulmonary and bronchial disease.

Some patients are recommended, while taking a course of baths, to drink the artificial Carlsbad water, which is manufactured at Baden-Baden. When used externally, the primary operation of the water is on the skin, whose circulation and secretion are increased, amounting in some cases to perspiration. The bath is generally taken at a temperature vary-



ing from 85° to 96° degrees of Fahrenheit, and has a sedative effect on the nervous system. After bathing, invalids feel refreshed, and the pulse is slower than before. When taken at a higher temperature, it acts as a stimulant, increasing the frequency of the pulse, and frequently causing copious perspiration, with a sensation of oppression and general indisposition.

Vapour-baths and douches, by determining more strongly to the surface, necessarily produce more powerful effects than water-baths, and are generally attended with profuse sweating. Taken internally, the water increases the appetite, and promotes the action of the digestive organs, but its operation is in most cases gradual, and not productive of immediate sensible effects.

Some unpleasant symptoms, as headache, giddiness, sleeplessness, a sense of oppression on the chest, &c., occasionally supervene on the employment of the waters. They sometimes depend upon the baths having been taken too hot, or on the individual being in a state of undue excitement, from travelling or other causes, at the time of commencing the course.

They very often subside spontaneously, but sometimes necessitate a suspension of the course. Some symptoms caused by the bath, such as itching or eruption on the skin, slight increase of indisposition, or of pains with which persons were previously afflicted, are usually regarded by the physicians as precursors of a favourable change. It frequently happens that those who do not experience any change in their condition after having used the water for several weeks, find their symptoms yield after the course has been for some time discontinued. When no effect is produced after three or four weeks use of the water, patients are generally recommended to suspend the course for a fortnight, and resume it at the expiration of that period.

The course extends from three to six weeks, and in some cases it is even protracted beyond that period. Persons while under a course of mineral waters, should in general abstain from taking other medicines, which mostly prevent or lessen their beneficial operation. Under some circumstances, however, medicines may be advantageously combined with the waters.

The water is usually drunk at the principal spring in the morning, from six to half past seven o'clock. Many people also drink two or three glasses in the afternoon. The bath is mostly taken an hour after drinking, but if this disagrees, it can be taken two hours after breakfast. Moderation in the quantity and simplicity in the quality of the diet, early hours, and exercise in the open air, are essential to the success of the treatment.

Were I to state all the complaints in which these springs are said to be efficacious, I might enumerate a large proportion of the ills that flesh is heir to. I shall, however, merely mention those to which they are more peculiarly adapted, premising that these, as well as other mineral waters, are prejudicial in diseases where there is inflammatory action or fever, as also in those marked by extreme debility, and in active hemorrhages. Dropsies and consumption when far advanced, are mostly aggravated by mineral waters; they also generally disagree with plethoric persons, or those in whom a tendency to vascular congestion of the brain exists.

The springs of Baden-Baden are highly beneficial in many chronic complaints, depending on visceral obstruction, or on deranged functions of the skin. The chronic forms of indigestion, particularly when connected with hepatic derangement—glandular enlargements—chronic gout—rheumatic affections, especially muscular rigidity and contraction of joints—paralytic affections of the limbs—deranged general health from intemperance, the abuse of mercury, or residence in hot climates—are the diseases most likely to be cured or relieved by the use of these waters. Obstinate cutaneous diseases are often cured by the vapour baths; the water and vapour douches are frequently employed with advantage against diseases of the joints and other local complaints, and the inhalation of the vapour is beneficial in some chronic diseases of the lungs and air-passages.

As several of the remarks I have made apply to other mineral waters as well as to those of Baden-Baden, I shall not have occasion to repeat them; but it may not be out of place to consider whether the benefit which invalids derive from residing a few weeks at a water-

ing place, is to be attributed to the operation of the mineral springs, or whether it is owing, as many persons suppose, to the mental relaxation, freedom from the cares of avocation, regular and abstemious mode of living, early rising, walking exercise, influence of the imagination, &c.

That many invalids would derive great advantage from the mere change of air, scene, and mode of life, is unquestionable, and, without these important auxiliaries, mineral springs would produce no beneficial effect in most cases; yet I have no doubt that the advantage derived is chiefly to be ascribed to the medicinal operation of the water, which, though slow, and not productive of immediate effects, is perhaps on that account more adapted to the class of complaints in which mineral waters are usually employed: much of their beneficial operation is doubtless owing to the state of intimate combination in which the constituent parts exist: it being a matter of daily experience in the practice of medicine, that the combination of drugs is productive of effects which could not be obtained from them

if separately administered ; hence one reason why mineral waters, artificially made, are less efficacious than the natural springs. The state of dilution of the saline and mineral particles must also materially influence their operation, and produce effects very different from those resulting from the same substances if taken in a more concentrated state. Yet, notwithstanding their diluted state, that they produce powerful effects on the animal economy is apparent, from the unpleasant, and even dangerous symptoms they induce, when improperly or incautiously used.

Many invalids derive no advantage from one mineral spring, yet are greatly benefited on resorting to another more adapted to their disease, although the mode of life is similar in both places. The peasantry in the neighbourhood of mineral waters have employed them from time immemorial with advantage, without altering their manner of living, in those complaints which they know from experience are likely to be relieved by their application. Other examples might be adduced, if necessary, to prove that mineral waters are not the

inert substances which many persons imagine, but that, on the contrary, they are powerful auxiliaries to medicine, in the removal and mitigation of chronic disease, and require great caution in their use.

Some persons, however, far from regarding mineral waters as inactive, or even as subordinate means of cure, entertain exaggerated notions of their powers, and frequently use them in cases for which they are ill adapted, or, trusting entirely to them, neglect to make alterations in their mode of living, and to adopt other means of promoting their efficiency. Under such circumstances, it is not surprising that disappointment should ensue, and that such persons should frequently leave the watering-place in a worse state of health than on their arrival.

The road from Baden-Baden to Carlsruhe, is wide, smooth, and bordered with fruit trees. You approach the town by a fine avenue of trees, through pleasure-grounds, which are the daily resort of the inhabitants. Carlsruhe has been built little more than a century, and is entirely dependent on the residence of the

Grand-ducal court. The houses are white and new looking; the streets spacious and regular. The palace is a handsome edifice, occupying with its dependencies one side of the principal square, the area of which is planted with trees and shrubs. The number of inhabitants is about fifteen thousand, besides the military, who are numerous in comparison to the size of the town. Beggars are seldom seen in this or in other towns on the Rhine.

On quitting Carlsruhe, a fine avenue of poplars, two miles long, leads to Durlach, beyond which you traverse a beautiful and fruitful country by the Bergstrasse, the finest road in Germany. The posting is excellent, and the horses are fine powerful animals; they wear no blinkers, and generally keep an eye fixed on the driver's arm, accelerating or slackening their pace according to its state of motion or repose. The environs of Heidelberg are a perfect garden, producing abundance of grain and fruit, while the "merry cheerer of the heart" ripens on many a sunny slope, and, though no longer contributing to fill the "tun," still diffuses its inspiriting influence throughout the land.



Heidelberg is placed on the left bank of the Neckar, at the foot of a chain of hills extending up the valley, and is overlooked by the extensive and picturesque ruins of the castle, formerly the residence of the Electors Palatine; from the terrace you obtain a delightful prospect

“ O'er vales that teem with fruits, romantic hills,  
Whereon to gaze the eye with joyance fills,”

and of the rich plain through which “ Father Rhine” pursues his steady but rapid course.

The town is old, clean, and cheerful-looking, and is an agreeable place for a temporary sojourn. The population amounts to about twelve thousand individuals, Catholics and Protestants, between whom the religious difference excites no feelings of animosity. The University is now but thinly attended, the number of students does not exceed five hundred.

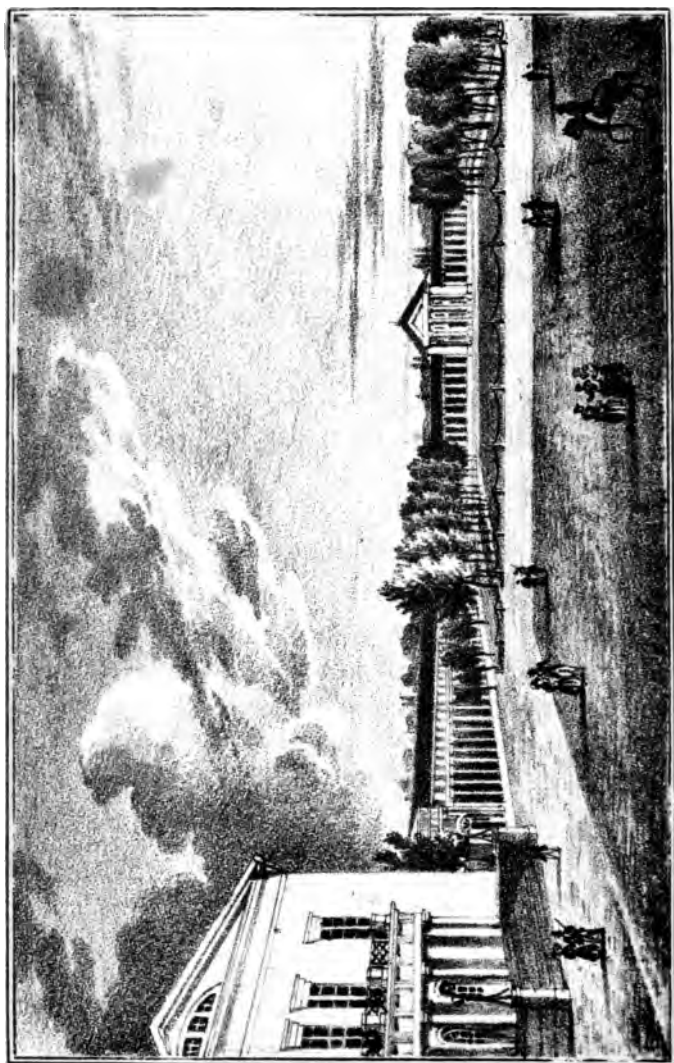
The country between Heidelberg and Darmstadt continues extremely beautiful and fertile. At Heppenheim you quit the duchy of Baden, and enter that of Hesse-Darmstadt. The environs of Darmstadt abound in gardens and pleasure grounds: a fine avenue of limes leads

up to the gate, and you enter a magnificent street leading to the centre of the town. Darmstadt, like Carlsruhe, is of recent erection, and owes its existence to the residence of the Duke. Its appearance is elegant and court-like, and not a shop is to be seen in the principal streets, which are spacious and well paved, crossing each other at right angles. The finest street is the Rhein Strasse, leading from the square in which stands the palace, to the Rhine gate, beyond which a magnificent vista of lime trees extends for more than two miles along the road.

The road between Darmstadt and Frankfort is sandy, and passes through part of the Odenwald. Frankfort contains few objects calculated to interest travellers whose visits are not of a commercial nature. It stands on the right bank of the Maine, which is crossed by a stone bridge. There are a few good streets, but the majority are narrow and irregularly built. Frankfort possesses an extensive and well arranged museum of natural history; and the public gardens, on the site of the ramparts, are prettily laid out. The "Ariadne" will scarcely be deemed worth visiting by travellers return-

ing from Italy. The new burial-ground in the neighbourhood is somewhat similar in plan to that at Bologna, but can never equal it in magnificence. The population of Frankfort is about fifty thousand, of whom one-fifth are Jews.





THE KURSAAL, THE COLONNADE AND THEATRE AT WISBADEN.

## CHAPTER VI.

WISBADEN — MINERAL SPRINGS — SCHWALBACH —  
EMS — MINERAL SPRINGS.

WISBADEN, the capital of the duchy of Nassau, is about three hours drive from Frankfort, and “stands embosomed in a happy valley,” encircled by low cultivated hills, behind which, on the north and north-east, rises the range of the Taunus mountains, whose dark foliage forms a pleasing relief to the verdure of the valley, and to the white buildings of the town. The old part of the town contains little to attract the notice of strangers, but the Wilhelm Strasse, a handsome row of new houses fronting the promenades, would bear a comparison with some of the finest streets in Europe. Other new streets have been erected, and the accommodations for visitors much improved since the period of my former visit four years ago.

The *Curhaus den vier Jahrzeiten*, or principal hotel and bathing house, an extensive establishment, forms one corner of the Wilhelm Strasse, and one side of a square, on the opposite side of which stands the new theatre, a handsome building, where the company from Mayence performs during the season. Across the road lies a verdant meadow, bordered by avenues of limes and chesnut trees, beyond which are colonades for shops; and the cursaal, which contains a magnificent saloon for balls and public assemblies, with smaller rooms for refreshment and games of hazard.

The ground behind the cursaal and the colonades is laid out as a public garden, adorned with shrubs and parterres of roses, and is sheltered by acacias and other trees, the resort of numerous singing birds. From this pleasure ground an agreeable path is continued by the side of a streamlet up the valley of Sonnenberg as far as the ruins of the ancient castle, two miles from Wisbaden.

“ In lieto aspetto il bel giardin s’aperse;  
Acque stagnanti, mobili cristalli,  
Fior vari, e varie piante, erbe diverse,  
Apriche collinette, ombrose valli,  
Selve e spelunche in una vista offerse.”

TASSO.

Nothing has been neglected to render Wisbaden the most frequented watering place in Germany ; the walks and drives are pleasing and varied, and, from the rising grounds, the Rhine, with Mayence and other towns on its banks, are seen. The population of the town amounts to about eight thousand persons, mostly Protestants, and consisting of military men, government employèes, trades people, and those connected with the bathing establishments. The heat of the weather is at times very oppressive, and thunder storms are frequent, but usually of short duration ; the evenings in summer are generally fine and pleasant.

The Duke resides at Biberich, a chateau on the Rhine, four miles from Wisbaden, where there is an extensive garden, to which visitors are admitted. His highness comes into the town almost daily, generally attends the opera in the evening, and is very popular among all classes of his subjects. He has the monopoly of all the mineral springs in his territory, and derives from them a large share of his revenue.

The people appear to be industrious and contented ; Sunday is with them a gala day :



the shops continue open, as do the theatre and ball-room, which are generally filled with visitors from Frankfort, Mayence, and other towns in the neighbourhood. On these occasions some hundreds of persons dine at the tables d'hôte of the cursaal, the *vier Jahrzeiten*, and the *Adler*. Most English families remaining at Wisbaden and other watering places on the continent, dine at a table d'hôte, private dinners being, in general, composed of dishes warmed up a second time.

A hunting box of the Duke's, "Die Platte," stands in a conspicuous position, on an elevated ridge of the Taunus. The apartments are tastily fitted up with furniture, chiefly made of stags' horns. From the roof a fine prospect is obtained over an extensive tract of variegated country, including the river, and the richest part of the Rhingau.

Here waving groves a chequered scene display,  
And part admit, and part exclude the day ;  
There interspersed in lawns and opening glades,  
Thin trees arise that shun each others shades.  
Here in full light the russet plains extend,  
There wrapt in clouds the bluish hills ascend.

POPE.

The springs of Wisbaden have been celebrated for the cure of disease from a very early period, and have, within the last few years, been greatly resorted to by English invalids, whose number is annually increasing. Like those of Baden-Baden, they belong to the class of thermal saline springs, containing a large proportion of carbonic acid gas, which is seen bubbling up from the surface of the water : Muriate of soda, sulphate of lime, with a trace of iron, enter into their composition. The water of Wisbaden is said to hold in solution a greater proportion of saline particles than an equal quantity of the water of any other spring in Germany, and twice as much as the water of Baden-Baden. It is perfectly limpid when taken in a glass ; its taste is rather agreeable than otherwise, and has been compared to that of weak broth oversalted.

The Kochbrunnen, or boiling spring, is the one most used, and is the centre where a crowd of persons of various nations assemble every morning, from five to half past seven, to sip their glass of water, while sauntering about under the acacia trees, or listening to the mu-

sical band, which is always in attendance at that hour.

The temperature of the Kochbrunnen is 151° of Fahrenheit, at which it remains in all seasons, and under every change of the weather. The water is conducted through pipes to the public baths, which are close to the spring, to the hotel of the *vier Jahrzeiten*, and to several bathing-houses. It also supplies an hospital, which here, and at several other watering places, is established for the sick poor, who are likely to derive benefit from the use of the water. The temperature of the other springs is some degrees lower than that of the Kochbrunnen.

The principal bathing-houses have every requisite apparatus for local and general vapour baths and douches, and also large reservoirs, in which the water is left to cool for regulating the heat of the baths; the bath is generally used at a temperature varying from 85° to 98° Fahrenheit. When, from being too hot, or from other circumstances, it disagrees, it induces unpleasant symptoms, similar to those I have already mentioned; the erup-

tion on the skin, or "pourpre de bain," is, however, regarded as a favourable symptom. The water of Wisbaden is more powerful and exciting than that of Baden-Baden, and many persons are unable to support its use who derive benefit from the latter. Used in the form of bath, it increases the activity of the capillary circulation, and the secretion of the skin, whence the excitement is transmitted to internal parts, especially the abdominal viscera, whose secretions are also increased; though in many cases the operation of the water is not sensibly felt at the time. Taken internally, the water promotes the action of the digestive organs, increases the renal secretion, and acts consecutively on the skin. It is applicable to most of the cases for which the springs of Baden-Baden are used, particularly those marked by want of power of the digestive apparatus, and deficient biliary secretion. It is also well suited to individuals whose health has become deranged from long residence in unhealthy climates; to those labouring under chronic, gouty, or rheumatic complaints;—paralytic affections, especially if caused by morbid im-

pressions on the organic nervous system, and not depending on cerebral disease—hemorrhoids—dysmenorrhea, and other derangement of periodical functions—some cutaneous diseases—strumous glandular enlargement—stiffness and contraction of joints—hypochondriacal and hysterical affections, and those cases of *tic dolooureux* and neuralgia, which depend on visceral derangement. It is also said to be efficacious in consumptive and bronchial diseases, in which the inhalation of the vapour is often combined with the internal or external use of the water.

Wisbaden offers great advantages to English visitors, in the superiority of its accommodations, its delightful environs, and its comparatively short distance from England, which may be reached in four days, by descending the Rhine. The use of its water is, in most cases, preferable to that of Baden-Baden, when it is not found too exciting.

The drive from Wisbaden to Schwalbach or Langen-Schwalbach, as it is commonly termed, through the woods of the Taunus, occupies about three hours. The town is situate in a

narrow valley, enclosed between steep hills, almost denuded of wood, and has rather a cheerless aspect. It is small, clean, and quiet, and would consequently suit those persons who prefer seclusion to the bustle of Spa, and other watering places of the same class. Those, however, who drink chalybeate waters generally require at the same time mental amusement, for which Schwalbach offers few resources. There are some pretty spots in the environs, but there is a want of shady walks in and about the town, which is a great disadvantage, as the heat must be at times excessive in July and August, the period when Schwalbach is most frequented.

Till within the last few years the water was not used externally. A handsome "badhaus," with a promenade room, has recently been erected by the Duke. The bathing cabinets are elegantly fitted up and divided into three compartments, one for each of the principal springs, the Pauline, the Stahlbrunnen, and the Weinbrunnen. The water is heated up to the required temperature for bathing. The baths are said to be efficacious in rheumatic,

gouty, and scrofulous cases, but are not used by the majority of visitors. The hotels do not contain baths, but the accommodation appears to be good.

All the springs contain carbonic acid gas, and are strongly ferruginous. The carbonates of lime and magnesia, and a small quantity of muriate of soda, also enter into their composition. The Stahlbrunnen contains the greatest quantity of iron, but is less used than the Pauline, which has the least iron, but more carbonic acid gas than the others. The water is seen at the springs bubbling and sparkling, and of a brownish colour, but it is transparent when a small quantity is taken into a glass. Its temperature is below 50° of Fahrenheit, it tastes exceedingly cold and unpleasantly metallic, but after having drank one feels invigorated and refreshed. A course of these waters is mostly serviceable in cases of general debility without any well marked local disease,—in debility consequent upon passive hemorrhages—in want of tone of the digestive organs, if not complicated with much functional disturbance. The water is also suited to scro-







fulous patients, and to some cases of hypocondriasis, and other affections depending on a high degree of nervous irritability. A course of Schwalbach water is, in some cases, advisable after the use of the Wisbaden springs.

After a hilly drive of two hours on the road to Coblenz, you pass through Nassau, a pretty hamlet, in a delightful situation, on the right bank of the little river Lahn, which is crossed by a neat suspension bridge. The ruins of the Castle of Nassau, on a hill overlooking the village, form a prominent and interesting feature in the scene. From Nassau to Ems the road follows the course of the river, as it winds between woody and cultivated hills.

Ems consists of one long range of houses, built against hills, which rise steeply behind it to a considerable height. This side of the valley is so narrow, that there is barely space for the road and the public promenade between the houses and the river. Ems can accommodate about two thousand visitors, as all the houses are either hotels or lodging-houses. The principal building is the Curhaus, which stands in the centre of the village. On the

---

ground-floor, the water of the two principal springs is drunk; between the two springs there is a long passage, on either side of which are ranged stalls for the sale of fancy articles. The upper stories of the building are disposed in apartments, the price of each is ticketed on the door, being fixed by the government. The public garden, opposite the Curhaus, is prettily laid out, and contains rooms for assemblies and play. An excellent musical band performs in the garden, morning and evening, at the hours of drinking the waters. The only road for carriages is the one passing through the valley to Coblenz, which is about twelve miles distant from Ems. There are, however, several pleasant paths on the opposite side of the river and among the hills, and the donkeys, which are generally used for excursions, are numerous and well-conditioned. There are also sedan chairs, which are preferred by some invalids for taking exercise.

The springs of Ems contain carbonic acid gas, the carbonates of soda, lime, and magnesia, a smaller quantity of the muriates of soda and lime, with a minute proportion of

the oxides of iron and manganese. The two principal springs are the Kesselbrunnen and Kranchenbrunnen, the temperature of the former is 120°, that of the latter about 85°. The Kranchenbrunnen contains more carbonic acid gas than the Kesselbrunnen.

Baths are more used at Ems than at Wisbaden; most persons, however, both drink and bathe. The water is well adapted to delicate individuals and to children, with whom more powerful springs generally disagree; it has a sedative and alterative operation, promoting the cutaneous and renal secretions, but not those of the digestive organs. Most patients, after having employed the water for some time, experience a degree of languor and lassitude, which lasts for a longer or shorter period, but which is generally succeeded by a sensible amelioration of their health.

The water of Ems has long enjoyed the reputation of being highly serviceable in incipient phthisis and chronic affections of the lungs and air-passages, as also in some complaints peculiar to females. It allays irritability, and produces beneficial effects in many.

spasmodic and other disorders induced by too great susceptibility of the nervous system. Some forms of indigestion, unaccompanied with pain—diseases of the glandular system—marasmus, abdominal and hemorrhoidal congestion, and gouty and calculous affections, are generally removed or mitigated by a course of these waters.

## CHAPTER VII.

THE RHINE — AIX LA CHAPELLE — MINERAL  
SPRINGS — BORCETTE — BRUSSELS — CASSEL.

MAYENCE is seven miles distant from Wisbaden, and is connected with Cassel, a small fortified town on the opposite bank of the Rhine, by a bridge of boats. Though belonging to the Duchy of Hesse Darmstadt, it is, from its importance as a fortress of the Confederation, strongly garrisoned by Austrians and Prussians. It is situated in an agreeable and fertile country, and looks well from a distance, but possesses few interesting public edifices, and only two or three good streets, the majority being narrow and irregularly built. The number of inhabitants amounts to thirty thousand, exclusive of the garrison. There is an agreeable public pleasure ground about a mile from the town, overlooking the Rhine oppo-

site to its junction with the Maine, and commanding a fine view of Mayence with its bridge of boats, and of the Rhingau with the hills of the Taunus in the back-ground. One of the military bands plays here every Friday, on which occasion Mayence is greatly resorted to by the inhabitants of neighbouring towns.

A steamer leaves Mayence daily for Cologne, whence you may reach Rotterdam in two days. The communication by steam extends up the river as high as Baden-Baden, but, in ascending the stream, no advantage is gained in point of time. Except the part between Mayence and Cologne, the banks of the river are flat, and present little to interest; whereas, the route through Belgium to Cologne, by Brussels and Namur, and from Mayence along the plain by the Bergstrasse, is full of variety and scenic beauty.

Descending the Rhine from Mayence, the palace of Biberich first attracts attention, and looks well from the water. Farther on you pass the pretty towns of Geisenheim and Rudesheim, situate in the verdant and fertile Rhingau, and celebrated for the quality of their wines. At Bingen, the river becoming

narrower, serpentines rapidly past “many a rock which steeply lowers,” crowned with castellated ruins, and hills cut in terraces for the cultivation of the vine, rising above the neat towns and villages which adorn the banks. Among these Oberwesel, above which stands the castle of Schönberg; and St. Goar, which is overlooked by the ruined fortress of Rheinfels, are remarkable for the beauty of their position, the river at these places being hemmed in by the mountains so as to give it the appearance of a lake. Marksburg, the only castle which has escaped destruction, and is in a habitable condition, is perched on the summit of one of the highest and steepest rocks, producing a fine and striking effect. A little farther on stands the fine ruin of Stolzenfels, opposite the embouchure of the Lahn, beyond which Coblentz and the rocky fortress of Ehrenbreitstein rise upon the view.

Coblentz, situate on the point of junction of the Moselle and the Rhine, is strongly fortified on every side, and contains ten thousand inhabitants, exclusive of the garrison; a bridge of boats connects it with Ehrenbreitstein, whose



precipitous rock, bristling with defences down to the water's edge, frowns defiance around, and is now considered to be impregnable. Between Coblentz and Cologne, the banks of the river are less hilly, but are fertile and thickly wooded. Few rocky eminences or ruins occur before arriving at the seven mounts, on the highest of which stands the "castled crag of Drachenfels" immediately overlooking the river; on the opposite bank stands Godesberg, the last of the ruins, beyond which the river flows through the cultivated and populous plain in which Cologne is situated.

Cologne, the principal city of Rhenish Prussia, contains fifty thousand inhabitants and a large garrison. Like Mayence and Coblentz, it is connected by a bridge of boats with fortifications on the opposite banks. It has no good squares, and the streets are narrow and irregular, presenting altogether a sombre appearance. The cathedral, built in the ancient gothic style, is unfinished, and, seen from a distance, appears like two separate buildings. Rubens was a native of Cologne; his portrait and an inscription on the wall indicate the house in which he was born; the crucifixion

of St. Peter, a chef d'œuvre of this painter, is exhibited in one of the churches.

The country between Cologne and Aix la Chapelle is level and well cultivated. This town is delightfully situate at the foot of a chain of hills, in a well-wooded and fertile valley, surrounded by gentle risings of ground covered with verdure. But little of its former magnificence now remains ; the gates and walls have been demolished, and the ramparts, planted with limes and chesnut trees, now form an agreeable promenade. The number of inhabitants amounts to twenty-seven thousand, and the town presents a stirring and animated appearance, particularly in the season for using the waters. The most remarkable public edifices are the Hotel de Ville and the cathedral built by Charlemagne, where his remains till lately reposed. Two or three spacious new streets have been erected within the last few years for the accommodation of visitors. The principal hotels and bathing-houses are elegantly fitted up, and provided with requisite apparatus for douches and vapour-baths.

The season begins in June and terminates about the middle of September, after which

period the coolness of the atmosphere would tend to counteract the operation of the waters ; some invalids however remain a few weeks later. During the season, a French company performs at the new theatre ; and the redoute, a building for evening assemblies, and games of hazard, is open. Play is under the superintendence of the government, an employè being always in attendance at the rooms to enforce the regulations, and prevent any of the inhabitants of the town from risking their money.

The environs of Aix la Chapelle abound in pleasant drives and rides, which add greatly to its attraction as a summer residence. The favourite resort of the inhabitants is Louisberg, a hill about a mile from the town, of which it commands a good view, as well as of the small town of Borcette, and the richly variegated scenery of the surrounding country.

Six warm sulphurous springs rise within the town, and are divided into superior and inferior. The three superior springs rise near each other, are hotter, and abound more in sulphur than the inferior ones, which rise at a

little distance, in a lower quarter of the town.

Besides sulphur and sulphuretted hydrogen gas, which imparts its peculiar unpleasant odour to the neighbourhood of the springs, the water contains the muriate, carbonate, and sulphate of soda. It is clear and colourless, and its taste is somewhat disagreeable. Taken internally, it increases the activity of the abdominal viscera, and determines to the skin. Used in the form of bath, it produces more powerful effects on the skin, frequently inducing perspiration, and causes torpor of the digestive functions. Vapour-baths cause profuse perspiration, without, however, inducing subsequent debility. The vapour is inhaled with advantage in some pulmonary and bronchial complaints.

The principal of the superior springs, and that which is most employed, is the *source de l'Empereur*, which is the warmest, and contains the greatest proportion of sulphur. Its temperature is 130° of Fahrenheit. Three bathing-houses are supplied by this spring, the *bain de l'Empereur*, the *bain Neuf*, and the *bain de la reine d'Hongrie*; to which the water is

conveyed by means of pipes under ground. It also supplies the *fontaine Elise*, situate on the promenade, and the principal point of reunion for those who drink the water. Beneath a handsome portico, which has been erected at the fountain, are apartments for refreshments, and for the musical band.

The *Source de St. Quirin*, is another of the superior springs, which rises in the bathing-house of the same name. Its temperature is 115 degrees. The inferior springs have a temperature of 112°; they supply a fountain where the water is drunk; and are called the *bain de la Rose*, the *bain St. Corneille*, and the *bain St. Charles*.

The waters of Aix la Chapelle are principally serviceable in visceral *engorgement*, hemorrhoidal affections, and intestinal inactivity, as also in deranged general health from abuse of mercury and other causes; hypochondriasis, dysmenorrhœa, gout, rheumatism, and glandular induration and enlargement. The vapour-baths are highly efficacious in removing obstinate cutaneous diseases; and water or vapour douches, are employed with great advantage, combined with friction, in the removal of some

enlargements of the joints, and other local diseases. The use of the water is prejudicial in hemorrhagic diseases, and in cases where a tendency to cerebral congestion exists.

Besides its sulphurous waters, Aix la Chapelle also possesses some ferruginous springs. An hotel is appropriated to the use of the water, which is mostly employed externally, and is less adapted for drinking than the Spa waters, as the iron is not so intimately combined with the gaseous, and other constituent parts.

The neat town of Borcette lies within a mile of Aix la Chapelle, and has a population of six thousand persons. It also possesses several warm mineral springs, which, like those of Aix la Chapelle, are divided into superior and inferior. The superior springs are not sulphurous, and somewhat resemble in their composition those of Baden-Baden, being impregnated with carbonic acid gas, and containing, though in smaller quantity, the muriate, carbonate, and sulphate of soda; they supply five or six bathing-houses. The principal is the boiling spring, which has a temperature of 150 degrees. The inferior springs are sulphurous, and supply the principal bathing-

house in Borcette, the *bain de la Rose*, as also a fountain on the public promenade, where the water is drunk.

Shortly after leaving Aix la Chapelle for Brussels, you enter the kingdom of Belgium ; and, before arriving at Liege, traverse a rich and hilly country, presenting from the high grounds extensive and beautiful prospects. Liege is situated between steep hills, in the valley of the Meuse, on the left bank of the river. It exhibits all the bustle of a large commercial and manufacturing town, and has an aspect of great antiquity ; the houses being old, and most of the streets narrow, dirty, and irregularly built. Liege possesses few objects likely to interest the majority of travellers.

The valley of the Meuse, between Liege and Namur, is full of pastoral beauty and richness : the river flows through scenery diversified by corn and meadow-land, among which villages and neat farm-houses are thickly scattered ; low woody or cultivated hills, sloping downwards to the water's edge ; and precipitous sandstone rocks, whose greyish hue forms a pleasing contrast with the verdure by which they are surrounded. At Huy you

cross the river by a neat stone bridge, and pass beneath a fort, built in 1815 by the Allies, which crowns an eminence commanding the bridge and the road to Namur. This town is strongly fortified by a citadel and extensive works crowning the heights which overlook the river, and by ramparts and a double fosse extending round it on the land side. Its streets are narrow and dirty; and the population amounts to about twenty thousand persons.

The road to Brussels here quits the Meuse, passing through a populous and highly cultivated country, the pretty hamlet of Waterloo, and the battle field, which is now the most productive land in Belgium.

“ How that red rain hath made the harvest grow.”

The farm of La Haye Sainte stands on the road-side; its walls still bear visible marks of the conflict. Before arriving at Brussels you pass through “dark Soignies” wood, and the village of Mount St. Jean, the church of which contains marble tablets inscribed with the names of some of those who fell in the action.

Brussels presents the stirring and animated



appearance of a first-rate capital, though its population does not amount to more than eighty thousand persons. Spacious Boulevards, embellished with rows of trees and ranges of handsome houses, encircle the town; the principal streets are wide, regular, and lined with showy shops. The Place Royale, and the Rue Royale, a long street of private houses, have a handsome and courtly appearance, and with the park form a fine coup d'œil. The park, though small, is pleasantly laid out, and the walks well sheltered by tall trees: at each end stands a royal palace, which, seen through the vista, produces a good effect. The most interesting public edifices are the church of St. Gudule, an ancient gothic building, somewhat resembling in its exterior Notre Dame at Paris, and the Hotel de Ville, of which the extensive façade adorned with fretwork, and the lofty elegant spire, are strikingly beautiful.

The journey from Brussels to Calais occupies a day more than that to Ostend. At Calais, however, there is a certainty of finding daily means of conveyance to England, and the voyage is shorter by four or five hours. The character of the scenery is also more interest-

ing by the Calais route. The country is agreeably diversified with wood, cultivated land, and neat farms. You pass through the strongly fortified towns of Ath and Tournay, and crossing the French frontier, arrive at Lille, a well fortified, commercial and dirty looking town, containing sixty thousand inhabitants. A few posts beyond Lille you pass through Cassel, a small neat town, placed on the hill of the same name, whence may be obtained an extensive and varied prospect of the plains of Belgium, Flanders, and Picardy. In clear weather may be seen, the spires of nearly an hundred villages, and of thirty-two towns, including Dunkirk, Ostend, Bruges, Ypres, Courtray, Lille, St. Omer, and Calais; together with the sea, and

“ That pale, that white-faced shore,  
Whose foot spurns back the ocean's roaring tides,  
And coops from other lands her islanders.”

The country between Cassel and Calais is pretty, and rather hilly. St. Omer is a strong town, with about twenty thousand inhabitants. Several English families have taken up their

residence here. The streets, however, have a triste and deserted appearance. The environs of Calais are flat and uninteresting, and the town offers little inducement to travellers for delaying their departure.

FINIS.

J. THOMSON, PRINTER.







